

## **Understanding Chronic Care Management (CCM) with Medicare**

Medicare offers a special program called Chronic Care Management (CCM) to help patients dealing with two or more chronic conditions.

What are chronic conditions? These are health issues that stick around for a long time, like Diabetes, Hypertension (high blood pressure), Hyperlipidemia (high cholesterol), Hypothyroidism (an underactive thyroid), Menopausal Disorder, Depression, and Anxiety.

Here's what you need to know about CCM:

- CCM gives you direct access to a care coordinator who can help you with your chronic health needs. They're available Monday through Friday during regular business hours.
- You'll get a comprehensive plan of care, which you can either access electronically or get printed out at the office.
- CCM includes help with managing your medications, like getting refills between your doctor visits.
- It also involves coordinating with services in your home or community that can help you.
- If you're transitioning between different healthcare facilities, like from the hospital to home, CCM can help with referrals and follow-up care.
- CCM services are billed to Medicare one time a month, only when services are provided.

In short, CCM is a team of people helping you manage your health, making sure you get the care you need, when you need it.