

Presbyterian Healthy Solutions

Effective disease management

Presbyterian Healthy Solutions is a new and innovative disease management program to help Presbyterian members improve their health by better understanding their chronic medical conditions. One of our goals is to partner with Presbyterian practitioners and providers to complement the comprehensive care they provide.

How Presbyterian Healthy Solutions can help your patients

1. We identify at-risk members using data and predictive modeling *before* they develop a health problem.
2. We match a member's risk to the most appropriate level of intervention. For example:
 - Low-risk members:** May receive reminder phone calls about preventive healthcare needs and quarterly educational information by U.S. Mail.
 - Medium-risk members:** May receive bi-weekly or monthly phone calls from a Healthy Solutions Health Coach, which focuses on lifestyle changes to assist the member with self-management.
 - High-risk members:** Will be referred to Care Coordination. Members may receive regular phone calls from a Nurse Care Coordinator to assist with complex medical and/or psychological needs.
 - Other:** Members who do not need coaching initially will be monitored to see if their status and need for intervention changes.
3. The focus of our program is to complement your treatment plan. Our health coaches will help members understand how to follow their treatment plan.
4. Our coaching encourages members to improve their self-care and to understand how to use healthcare resources appropriately.
5. We will let you know when one of your patients is enrolled in the program and send updates about his or her progress. We will also consult directly with you to discuss and help arrange needed services.

Contact Presbyterian Healthy Solutions

If you have a Presbyterian patient that you believe would benefit from the Healthy Solutions Program, please contact us.

Phone: 1-800-841-9705 (leave a message)

Days and hours: Monday through Friday, 8:00 a.m. to 5:00 p.m.

Referral Form:

Fax to: (505) 213-0063

E-mail to: phpreferral@phs.org

Referral form is available on the Presbyterian website:

<http://www.phs.org/idc/groups/public/@phs/@php/documents/phscontent/wcmprod1030472.pdf>