

A health and benefits program of Christian Brothers Services

Maintaining *your health*



Personal Health Care Support

AccordantCare™

Your personal health care support system

When you live with a complex, chronic condition, wouldn't it be nice to have a health care professional whom you could call at any hour of the night or day with your own health-related questions and concerns? Wouldn't it be helpful to have access to the latest information about your specific medical condition whenever you need it? Wouldn't it be comforting to have a caring expert help guide you through the health care system?

Now you can, in thanks to a remarkable program called AccordantCare – available as part of your health benefits at no additional charge. You can now have an important ally on your side to provide you with a wealth of personal health care support and information to meet your unique health needs. Our support services are designed to help you stay as healthy as possible, while giving you greater peace of mind so you can enjoy the more important things in life. With the support of a team of Accordant health care professionals, we'll help you understand the very best ways to manage your condition and avoid complications that may result in excess doctor and hospital visits.

Our support services start when we contact you to introduce the program, talk with you about your health status, and determine how we can best serve your needs. Accordant nurses are available 24-hours a day, seven days-a-week, to answer your questions, provide caring support and help guide you through the health care system.

AccordantCare provides valuable support to our members with chronic conditions such as:

- ALS
- Crohn's Disease
- Cystic Fibrosis
- Parkinson's Disease
- Rheumatoid Arthritis ...and more

An AccordantCare nurse will work with you to:

- Help you monitor changes in your health
- Identify common symptoms or potential concerns you might want to discuss with your doctors
- Locate helpful resources and information
- Improve your understanding of preventive health strategies
- Help coordinate health care services such as pharmaceutical and durable medical equipment services

With AccordanceCare you'll receive:

- Unlimited telephone access to a specially trained nurse who understands your medical condition and knows the best ways to help you
- Personalized health evaluations to help you identify early warning signs of potential complications and measure your progress
- Monitoring and care coordination assistance to make sure your health care providers are alert to health status changes and your specific health needs
- In-depth, disease-specific information via educational brochures and monthly newsletters, plus access to our member website, accordant.com



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for more information

For more information on the AccordantCare™ program, call **866.655.7490**. For your convenience, if we don't hear from you, an Accordant nurse will also contact you by phone.