

# What is Collaborative Care?

## Overview

Collaborative Care will help you learn new skills to improve your health. A care manager will work with you and your care team to find the best care for you and will use NeuroFlow to see how you are feeling and send activities. Each month you will meet with your care manager for about 15 minutes for a total of about 6 months.

## Why am I being referred?

Mental and physical health are connected. Getting extra support can help you feel better faster. Collaborative care will let your care team better treat your whole health.

## What does it cost?

Collaborative care is covered by most insurance plans including Medicare. There may be a co-pay or other cost depending on your insurance plan. Speak with your care manager or front desk staff if you have any questions.

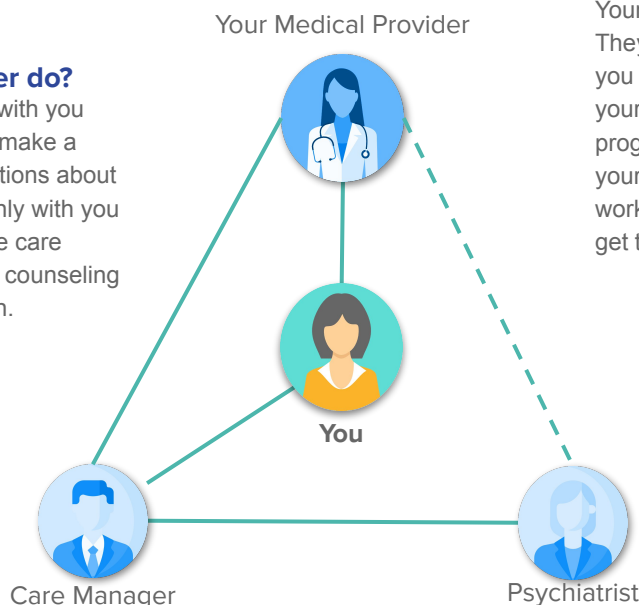
## What do I do?

You are the most important person on the team! You will get the best care if you work together with your medical provider and care manager.

- Tell them what is **working for you** and what is not
- **Track your progress** using the NeuroFlow mobile app or on the NeuroFlow website ([www.neuroflowlive.com](http://www.neuroflowlive.com))
- Let them know if you have **questions** or concerns
- If you take **medication**, know what it is and take it as prescribed
- **Complete all assigned activities**
- **Attend calls** with the care manager on time and be ready to talk about you

## What does the care manager do?

Your care manager works closely with you and your medical provider to help make a treatment plan. They answer questions about your treatment and check-in monthly with you to keep track of your progress. The care manager also provides some brief counseling if that is part of your treatment plan.



## What does my medical provider do?

Your provider takes care of your whole health. They will work with the care team to make sure you get the best care possible. They work with your care manager to stay up-to-date on your progress. Your provider will review and update your diagnoses and medications. They may also work with the team psychiatrist to make sure you get the best treatments for you.

## What does the psychiatrist do?

The team psychiatrist helps your team with questions they have about your mental health. They give advice to your team if you are not feeling better and suggest changes to your treatment plan to improve your wellness.

## How do I get started?

NeuroFlow is important to track your progress and get activities from your care team. If you have NeuroFlow, a care manager will contact you soon. If you do not, you will be contacted to sign up for NeuroFlow.

## What if I have questions?

If you have questions, please ask your care manager or medical provider.