

# How Monarch Cares



The MonarchCares® team helps your doctor by providing extra support to care for you. Nurses, certified diabetic educators, health educators, social workers, pharmacists and others work closely with your doctors to help you reach your optimal health. There is no charge for services.

## Here's how MonarchCares:

### Disease Management

Through telephonic education, patients and family members learn how to manage conditions such as congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD) and diabetes.

### Case Management

Certified case managers recommend community resources and oversee the coordination of care. They bridge communication between the hospital, nursing home, assisted living, key family members and your doctors.

### Medication Review

By phone, during home visits or at the MonarchCares clinic, a pharmacist explains the effective and safe use of medications.



**Monarch Cares®**  
A program of Monarch HealthCare  
Part of OptumCare™

[MonarchHealthCare.com](http://MonarchHealthCare.com)

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a leading health care  
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## After Hospitalization Care

Patients at risk of having problems during recovery are evaluated by phone, during a home visit or in the MonarchCares clinic. Medications, goals of care, home safety and other topics are discussed. Referrals may be made to community programs outside of Monarch.

## Palliative Care

Appropriate for advanced stages of metastatic cancer/chronic diseases or cognitive impairment, patients and family members receive psychosocial support and symptom management. Palliative Care is not hospice.

## Other Ways We Care

- Anti-coagulation medication monitoring by cardiologists and pharmacists
- Fall prevention through exercise and education programs
- Patient Press senior newsletter, on-line at [monarchhealthcare.com](http://monarchhealthcare.com)
- Wellness information from Monarch's health educator, [healtheducation@mhealth.com](mailto:healtheducation@mhealth.com)
- Senior ambassadors who answer questions about the basics of Medicare

**For more information about these and other programs, please speak to your doctor or call customer service at 888-767-2222.**



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