

**CARE MANAGEMENT REFERRAL FORM**  
**Bellaire and East Jordan Family Health Center**

Client Name (Legal Name): \_\_\_\_\_ DOB: \_\_\_\_\_ Date of Service: \_\_\_\_\_

The Bellaire and East Jordan Family Health Center offer a Care Management Program to support you on your health journey. Our nurses will partner with you and your care team to help you reach your health goals, stay informed, and feel your best every step of the way.

## **Our Care Management Program**

### **Chronic Care Management**

Your nurse will collaborate with your care team to help you manage conditions such as:

- Diabetes
- Weight gain or loss
- Nutrition concerns
- High blood pressure
- Asthma and/or COPD
- Heart disease
- Kidney disease
- Chronic wound care

We can help you:

- Understand and manage your condition
- Monitor specific symptoms related to your health
- Develop and follow your individualized care plan
- Set healthy, lifestyle goals that work for you
- Learn how to make and maintain healthy habits
- Monitor your blood sugar, blood pressure, and weight as directed by your provider

### **Medication Support**

Your Care Manager can:

- Review your medications with you and help you understand what they do and how to take them
- Watch for side effects or medication problems
- Assist with medication refills, including routine pill-box management

### **Hospital/Emergency Department Follow-up**

If you have recently been in the hospital or emergency department, your nurse can:

- Review discharge instructions and answer questions about your recovery
- Offer resources for home support
- Provide education on discharge medications
- Help schedule follow-up appointments
- Help prevent future hospital and emergency department visits

### **Coordinating Your Care**

Your nurse can help:

- Schedule appointments with your providers and coordinate care with specialists
- Recognize and manage preventive screenings
- Effectively collaborate and communicate with your healthcare providers
- Help to connect you with our Case Managers for community resources
- Provide you with a consistent point of contact for your health care concerns

## **Our Goal**

Our Care Management team is here to walk alongside you and help you live your healthiest, fullest life! No matter where you are on your health journey, you are not alone. We're here to listen, care, and support you every step of the way.

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**Answer the following questions to determine if you would benefit from Nurse Care Management Services:**

1. Do you have two or more ongoing health conditions (such as obesity, diabetes, high blood pressure, COPD, asthma, heart disease, kidney disease, etc.)?  Yes  No  N/A
2. Have you visited the emergency department two or more times in the past 6 months?  Yes  No  N/A
3. Do you have difficulty managing your medications or remembering to take them?  Yes  No  N/A
4. Do you take five or more medications every day?  Yes  No  N/A
5. Do you feel unsure about how to manage your medical conditions at home?  Yes  No  N/A
6. Do you need help scheduling appointments or coordinating care with specialists?  Yes  No  N/A
7. Do you feel stressed, overwhelmed, anxious, or depressed about your current health?  Yes  No  N/A
8. Do you need help understanding your provider's most recent care plan?  Yes  No  N/A
9. Do you have little or no support from family, friends, or caregivers to help with your health needs?  Yes  No  N/A
10. Would you like extra support from a nurse to help manage your health and healthcare needs between your visits to the health center?  Yes  No  N/A

\_\_\_\_\_ Date \_\_\_\_\_      \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of client/parent/guardian)                      (Witness Signature)

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