

# CHRONIC CARE MANAGEMENT

Managing your health can be challenging. The Chronic Care Management program can help you live a healthier life and keep you doing the things you love. As a participant you can expect:

- Personalized care from a dedicated chronic care manager.
- Assistance coordinating your visits with providers, labs, radiology, or others.
- Help booking appointments with your provider for urgent matters.
- Oversight of medications.
- A personalized plan of care that aligns with your goals and values.

## ELIGIBILITY

If you have Medicare and two or more chronic health conditions, some examples of which are listed below, you may benefit from the Chronic Care Management program.

- Alzheimer's
- Arthritis
- Atrial fibrillation
- Autism spectrum disorders
- Cancer
- Cardiovascular disease
- COPD
- Depression
- Diabetes
- Hypertension or high blood pressure

## WHAT IS THE COST?

Depending on insurance coverage, there may be a minimal coinsurance or no out-of-pocket cost to receive chronic care management. Patients can call their insurance to determine coverage.

As a chronic care management coordinator, Theresa will be your point of contact regarding any new or worsening symptoms related to your illness. While your primary care provider (PCP) will continue to oversee your care, Theresa will check in more frequently on your health and communicate any changes to your PCP and the Chronic Care Management team.

To contact Theresa, call (517) 913-1145 or email [theresa.spenny@mclaren.org](mailto:theresa.spenny@mclaren.org).



**THERESA SPENNY, LPN**

### EDUCATION

Practical Nurse Certificate  
Lansing Community College

*Theresa has over 35 years of experience in nursing. She started with McLaren in 1999 and joined the Care Management team in 2023. She provided direct care in a skilled nursing facility and has worked in home health care and triage in an ambulatory clinic. She aims to advocate for patients and coordinate services to strive for the best care possible.*