



**RACHEL
MARTINDALE, RN**

EDUCATION

Bachelor of Science in
Nursing
Madonna University
Livonia, MI

*Rachel has 14 years of
experience in the hospital,
psychology, and rehab.
She has worked as a
community-based care
manager since 2015.*

*She enjoys spending time
with family, reading, watching
sports, kick boxing, and
doing anything outdoors.*

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, Rachel 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, Rachel will check in more frequently on your health and communicate any changes to your PCP and the Chronic Care Management team.

To contact Rachel, call (248) 484-0136 or email rachel.martindale@mclaren.org.