



There's now a source for unbiased, on-going advice and assistance for your important health care issues and options.

My Health Care Manager™ helps families navigate through the many options facing seniors and their health care:

- Helping coordinate in times of need
- Assisting in complying with physicians' plans and prescribed medicines
- Helping select and oversee home health providers
- Reviewing health insurance coverage for improvements
- Communicating with family and health care providers
- Staying in touch to observe and recommend actions based on changes in health and safety
- Knowing what questions to ask to gain better control over health and life
- Planning for future events



My Health Care Manager, LLC is an Indianapolis-based company that provides services nationally in geographic areas through Area Offices and locally-based Health Care Managers. Our company is privately owned and independent of all affiliations with health care providers to assure independence representing only our Members' interests. We are advised by experts in geriatric medicine, aging research, nursing, social work, and publicly funded services for seniors.

Our Mission

My Health Care Manager helps seniors and their families manage the complexities of older adult life with unbiased professional guidance addressing health, independence, and peace of mind.

Our Principles

- We represent only the interests of our Members
- We focus on assisting on an on-going and long term basis
- We commit to and deliver total quality in everything we do
- We provide locally-based, experienced, supervised, and insured Health Care Managers who are nurses and social workers
- We operate with predictable processes, technology, systems and quality assurance with the highest possible professional, business and personal ethics
- We operate as a coordinated team in the best interests of our Members which drives our success

A trusted advisor helping older adults and their families manage health care issues and options.



My Health Care Manager.

www.myhealthcaremanager.com

1-317-598-8921 Extension 1



My Health Care Manager.



The Problem.

Today's healthcare system and health-related issues for seniors are complex, confusing and difficult to manage.

Often, there's not an experienced independent advisor involved. Each person has to work through the situations on his or her own. The issues are very significant, such as:

- Living independently as long as possible, whether in an original home, apartment or a facility
- Working and communicating in teamwork with physicians on health plans and medicines
- Knowing what to do when changes occur
- Navigating through the health care "maze" of medical providers, clinics, insurance coverage and claims



The Solution.

Add a Health Care Manager and My Health Care Manager to your personal, family, and physician team as trusted advisors for current and future issues. Representing only your family's interests, My Health Care Manager helps:

- Improve health care management and compliance
- Prolong independence and safety
- Obtain peace of mind



How My Health Care Manager works.

First, we meet to listen and understand your concerns and situation. We can begin helping immediately on a short-term hourly basis. We then can perform an assessment that provides an even greater understanding of the health situation.

Next, we establish your computerized master health care record, review your health insurance for possible improvements, and establish telephone and computer communications with those you designate. From this work we recommend services to address your situation.

We then continue in our on-going role with your family and are ready to respond with direct support, updated information, expert advice, and caring communications as necessary.



Contact us for additional information and references. We look forward to meeting you.

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