



## Care Management Self Referral

### Cox HealthPlans wants to help you!

We are privileged to partner with you for your health care needs. To assist with your personal health concerns, we have a team of Registered Nurses to help you coordinate your care within the Cox HealthPlans network. If you or your insured dependents have one of the following conditions, please consider letting us work with you to manage your health:

- Chronic condition such as diabetes, asthma or heart disease
- Complex health needs with multiple conditions
- Serious operation in near future
- High risk pregnancy
- Need of lowering your out of pocket costs for prescription medications

Our Care Management nurses are available to assist you and your doctor in obtaining needed medical services, providing the highest quality of care with the lowest possible out of pocket cost. If you would like one of our Care Management nurses to contact you, please complete the information below. **Care Management services are provided at no cost!**

You can send this form to us via fax (417) 269-2919, call Member Services at (417) 269-2900 or (800) 205-7665 or mail to the address below. We look forward to helping you!

Vickie Dudley, Health Services Manager  
Cox HealthPlans, PO Box 5750, Springfield MO 65801

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Your First/Last Name: \_\_\_\_\_

Most convenient way to reach you by phone between 8:00 a.m. - 5:00 p.m.:

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please check all that apply:

I would like a nurse Care Manager to help me with \_\_\_\_\_

I have had over **three** hospitalizations in the last year.

I have had over **three** Emergency Room visits in the last year.

I would like information about lower out of pocket costs for my prescription medication.

Other \_\_\_\_\_