



Did you know ACME has a team of nurses dedicated to helping members who may have concerns about their health?

When it comes to managing an ongoing health condition, your Nurse Care Coordinators are here for you as an expert resource. Just contact your MyQHealth Care Coordinators to schedule a call with a nurse dedicated to helping you one-on-one.

Your Nurse Care Coordinator is an experienced licensed clinician who is there to provide support with:

- Inpatient hospital stays: preparing you for preadmission and postdischarge
- **Chronic condition management:** establishing a healthy routine if you're living with diabetes, hypertension, asthma, congestive heart failure, COPD or high cholesterol
- Managing healthcare expenses: ensuring in-network coverage and securing precertifications for services
- Health improvement: providing health tips, strategies and questions to ask your doctor at your next visit
- Customized educational resources: information tailored to your needs

When you don't know where to begin, start with us.

We're problem-solving, frustration-fighting people on a mission to make your healthcare simpler. Your Nurse Care Coordinator can also help with benefits or claims questions, because they're part of a larger team of MyQHealth Care Coordinators who can help you with all your healthcare needs.

fccihealthplan.com

(855) 497-1223

(Monday–Friday, 8:30 a.m.-10 p.m. ET)