



What is The Wellness Coalition?

It is a group of service providers who want to help you find and use health care services when you need them:

- Alabama Public Health Area 8
- Baptist Health
- City of Montgomery
- Community at Large Members
- Community Care Network
- Community Hospital
- Health Services, Inc.
- Jackson Hospital
- Joint Public Charity Hospital Board
- Medical Outreach Ministries
- Mid-Alabama Coalition for the Homeless
- Montgomery County
- Montgomery County Health Department
- Montgomery Area Mental Health Authority

The Wellness Coalition

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www.wellness-coalition.org



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Wellness Case Management

We can help if you:

- *Have little or no health insurance, or*
- *Do not have a family doctor, and*
- *Need help in managing your chronic disease*

What is Wellness Case Management?

Wellness Case Management is a service that can help you find a doctor and link you with medications and other services you need to manage a chronic disease. Your Wellness Advocate can help you set wellness goals and help you work to reach them.

Who Can Get Wellness Case Management Services?

You can get Wellness Case Management services if you:

- ❖ Have little or no health insurance
- ❖ Have one or more of these conditions:
 - Asthma
 - Diabetes
 - Heart Disease
 - Hypertension
 - Obesity
 - Mental Illness
 - Another Chronic Health Condition
 - Use of Emergency Room for everyday care

How Can I Get Wellness Case Management?

- If you have one or more of these conditions and have little or no health insurance:
- ❖ You can fill out the attached application, sign your name, and mail it to the address on the application.
 - ❖ If you are at a hospital or clinic, you can give the application to the front desk.
 - ❖ You can call 211 and ask for Wellness Case Management. **
 - ❖ For more information, call 334-293-6502 or visit www.wellness-coalition.org.

What Happens When I Apply for Wellness Case Management Services?

- ❖ A Wellness Advocate will contact you to find out what needs you have.
- ❖ Your Wellness Advocate will help you find a medical home and other services/benefits you need and help you use these services.
- ❖ You will talk with a Wellness Advocate about your health and wellness concerns.
- ❖ You may also have a Wellness Case Manager to help you learn how to manage your chronic disease.
- ❖ You will learn about healthy living and how to take care of yourself.
- ❖ You will learn what to do in case of a medical emergency.

How Much Will Wellness Case Management Cost Me?

- ❖ **There is no cost to you.** Wellness Case Management services are paid for by resources provided through The Wellness Coalition.



**211 is a free information and referral line that you can call when you need services. Operators will help you find the help you need. You may call 211 if you have a crisis such as domestic violence, homelessness, sudden unemployment, problems with alcohol or drugs, mental or emotional problems or if you need other services.

Consent for Consultation
Wellness Case Management
Please Print the Information Below

Name: _____ Zip Code: _____
Mailing Address: _____ Alternate Phone Number: _____
Phone Number: _____
Email Address: _____

I am giving consent to be contacted about Wellness Case Management provided by The Wellness Coalition. This consentation will determine what health related services I can receive. This is a NO COST SERVICE offered to me and my signature below gives permission for a Wellness Advocate to contact me.

Applicant Signature: _____ Date: _____