

What to expect during your first visit

How do we help?

- The Nurse Care Manager on your Compass/EasterSeals Team does not take the place of the Nurse at your Doctor's office – but we can coordinate your care along with them
- Once per year, your Nurse Care Manager will schedule an appointment to complete a Health screening
- The Health screening can take up to 2 hours
- **ADULTS ONLY** - We will do a vitals check and metabolic screening which includes a prick of your finger (if you have had these tests done at the hospital or your doctor's office, we will just use those results)
- **CHILDREN ONLY** - We will do a vitals check as part of the screening. If your child has diabetes or takes an antipsychotic medication, we will also do a metabolic screening which includes a finger prick. (if you have had these tests done at the hospital or your doctor's office, we will just use those results)
- Help you find a Doctor, if you need one
- Help establish wellness goals and find resources to help you work on these goals.
- Call you after a hospital visit to be sure you know what medications to take and help answer any questions you may have about managing your health, your medications, healthy eating habits, physical activity, or quitting smoking

What we will need from you?

- An up to date medication list
- List of your Doctors, with name, phone numbers and date of last visit

Physical Health and Mental Health are Related

When you are physically healthy, your mood and mental well-being improve. When you feel better mentally, you may be more likely to care for your physical health. We want to help you choose wellness - which is becoming aware of and making choices towards a healthy and fulfilling life!

There is no cost for this service - it is part of your care with us.



Your care at Easterseals Midwest Health Home and Compass Health includes having a nurse on your team to make sure we are addressing all of your health care needs.



1-800-200-2119
TOLL FREE LINE

What does it do?

Helps you live a healthier life!

Provides support with managing chronic health conditions, medications, and medical treatments.

Assists with meeting health goals.

Provides education on general health and wellness.

Adds healthcare expertise to your team to help manage your health and wellness.

Connects your current healthcare providers.

Tracks progress on your healthcare goals and preventative care.



Research shows that people enrolled with a Health Home receive better care and achieve healthier outcomes.



DIVISION OF DEVELOPMENTAL DISABILITIES (DD) HEALTH HOME



What is the DD Health Home?

- It gives you access to a team of healthcare professionals promoting wellness and a healthy lifestyle.
- It helps you and your Support Coordinator to identify your individual healthcare needs and goals over your lifetime.
- Participation is your choice (if you're eligible) and will not affect your current Medicaid benefits or services.
- There is no cost to you as this program is funded through Medicaid.

What a DD Health Home is NOT.

- A DD Health Home is NOT a home. It is NOT a place where you live, and it does not change where you live.
- It is NOT direct medical services. It does NOT take the place of your primary care physician or medical specialists.
- It is NOT home health services which provide direct medical care.
- It does NOT replace your planning team; it actually adds another partner.

What is my Nurse Care Manager's (NCM) role?

- Meet with you to complete your annual health screening, help you choose a physical health goal for your wellness plan
- Gather data to complete a metabolic screening (if these have been recently done in the hospital or doctor's office, we will use those results)
- Help you find a Doctor, if you need one
- If needed call you after a hospital visit to be sure you know what medications to take and help answer any questions you may have about managing your health
- Help with health education activities, including medications, healthy eating habits, physical activity, or quitting smoking
- Communicate/Coordinate with providers/services coordinators or facility nurses if needed.

What is my Specialized Healthcare Consultant (SHC) role?

- Specialized Healthcare Consultants are dietitians, behavior analyst, physical therapist and more
- Offer virtual and in-person events to educate on their specialty each month
- Nurse Care Managers can refer for a 20 minute one on one consultation
- Can support with DDHH healthcare goal success