

Is there a cost for the program?

Sanford Health Plan's Mental Wellness Case Management Program is available to qualifying Health Plan members and their family at no cost.

How do I sign up for the Mental Wellness Case Management program?

If you would like more information about this program or to enroll, please contact our Care Management Team at (888) 315-0884 (TTY: 711) or shpcasemanagement@sanfordhealth.org.

We're here to help you get the care you need so you get the best possible results.



Call us for help:

(888) 315-0884 (TTY: 711)

Business Hours:

Monday-Friday 8 a.m.-5 p.m. CST

shpcasemanagement@sanfordhealth.org

SANFORD
HEALTH PLAN

Mental Wellness Case Management Program

**Helping you handle your
health when you need it most.**

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What is the Mental Wellness Case Management program?

Living with a mental health condition or substance use disorder can be stressful. To provide you with the additional support, Sanford Health Plan offers a Mental Wellness Case Management Program.

Our team will work with you to:

- Assess your health needs and help you understand your health condition(s)
- Coordinate care and communication between providers
- Provide education on your medications
- Assist with coordination of referrals to providers, programs and resources
- Develop a personalized plan to help you manage your health
- Monitor your progress and provide support to meet your healthcare goals
- Find resources to provide support for financial, housing, food, transportation, dental and vision needs

What qualifies a member for the program?

Concentrating on those with coordination of care needs, case managers focus on individuals with:

- Substance use disorders
- Depression or anxiety disorders
- Bipolar or Schizophrenia
- Personality disorders
- Multiple complicated behavioral health and/or substance use diagnoses
- Multiple admissions

How does the program work?

Members enrolled in the program will work by phone or electronically with a designated case manager. The case manager will monitor your health status and the progress being made toward your goals. Support is provided through education, communication with providers, coordination of community resources and ongoing care planning.