



You and *your* **Health Home Team**

You and your Health Home team work together to get you the care you need to be healthy.

This team includes you, your primary care provider, other health care providers, and may also include community supports.

This team is centered around you and will work with you on decisions about your health care.



Each **Person** is Different

MaineCare's Health Home Program is designed to meet your needs so you can get quality care. Your medical care can be managed with other services to keep you healthy.

Some examples:

- If you have diabetes, your Health Home team may have a diabetic care nurse who can help you manage your symptoms.
- If you are overweight, your Health Home team may connect you to a dietician who can help improve your diet.
- If you have a lot of stress in your life, your Health Home team might include a health educator who gives you tips on how to manage stress better.

The goal of Health Homes is to help you be your healthiest.



Office of MaineCare Services
Member Services Unit
MaineCare Health Home Program
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Augusta, Maine 04333-0011

MaineCare Health Home Program



Working together to improve your health

MaineCare Health Home Program: The Basics

A Health Home is not a place where people live. It's a way to provide all around, good health care. It's a team that always includes you and your primary care provider.

You and your team will work together to meet your health care needs. Your Health Home team can be helpful with health care needs that last a long time, such as chronic diseases like asthma or heart disease.

For example, if you have heart disease, and see a lot of different providers for your health care, your Health Home team can help manage this with you.

There is no extra cost to you for Health Home services.

for more information:

To visit the MaineCare Health Home website and for a list of Health Home Providers, please go online to:
www.maine.gov/mainecaremembers

Your Health Home Team:

- Works with you to manage all your health care services
- Helps you get the services you need
- Makes sure your health information is managed and up to date
- Listens to you about what you need to be healthy
- Is available to you when you need appointments

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**For questions about
MaineCare Health Homes
call: 1-855-714-2416**



Who Is Eligible?

MaineCare members who have at least *one* of the following conditions *may* be eligible for Health Home services:

- Diabetes
- Some Mental Health Issues
- Substance Abuse
- Heart Disease
- High Blood Pressure
- High Cholesterol
- Obesity or Overweight
- Chronic Obstructive Pulmonary Disorder (COPD)
- Smoking/Tobacco Use
- Developmental Disorders or Autism
- Heart and Lung Birth Defects
- Asthma
- Seizure Disorder
- Brain Injury

Call 1-855-714-2416 or talk to a Health Home provider nearest you to figure out if you may be able to be part of a Health Home.

The Health Home Program helps MaineCare members living with health care needs that last a long time.