

# Advanced Care Team

*Here to help you on your path to better health*

## Advanced Care Team

Allina Health takes a team approach to help you manage your health. The team begins with you, your caregivers and your clinic team. It may also include the advanced care team (ACT).

The advanced care team will work with you at the request of your doctor or based on recent health events. The ACT can give you extra support to manage your conditions and help improve your health.

They can meet with you either in person or over the phone, typically for 3 months.

## Benefits for You

The advanced care team will work with you to:

- identify health goals that are meaningful to you
- help explain your doctor's plan for you and align it with your goals
- create a plan to help you reach your health goals
- support and help with your health care concerns and questions
- provide education to help you manage your conditions and medicines
- get the health care resources you need
- help fill out a health care directive, a written plan to help guide your care in case you can't speak for yourself.

## Team Members

Advanced care team members work together to get to know you and your caregivers. They will help you manage and coordinate your health care needs so you can focus on your health. You may work with some or all of the team members. This will depend on your needs.

### Nurse care coordinator

The nurse care coordinator will help you create a health care plan based on your needs. They will:

- educate and encourage you to manage your health, make informed decisions and engage in healthy behaviors
- help you set health goals
- help coordinate your health care services.

### Care guide

The care guide will help you succeed with your health goals. This person does not provide medical care. They will:

- encourage and support health behaviors
- help guide and coordinate your health care services
- help you to work through any challenges to your health care.

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## **Social worker**

The social worker will help you with any concerns you have. They will:

- help answer questions about your health insurance coverage
- educate you about different health care settings and connect you with community resources
- identify resources to pay for medicines, certain medical equipment and other needed services (such as housing, transportation or food).

## **Pharmacist**

The pharmacist partners with your doctor to help you manage your medicines. They will:

- review all of your medicines (including prescription, over-the-counter, vitamins and supplements)
- help you understand your doses, side effects and how your medicines work
- work to reduce your medicine costs
- answer your questions.

## **Whom to Call to Make an Appointment**

To make an appointment, talk with your doctor or call the Care Management department at 612-262-8100.