These programs further our commitment to offering the right balance of care to keep you independent, mobile and active.
Jump Start

The first step to achieving your best health is to attend a personalized Jump Start. This head-to-toe assessment is your best opportunity for your health plan to get to know you and determine your eligibility for additional services that are included in your membership. Don’t miss this opportunity to take charge of your health and maximize your health plan benefits. Call your scheduling team today at (844) 215-2443.

FALL PREVENTION

Your Alignment Healthcare clinician will perform a comprehensive evaluation to identify potential causes for falls and then provide the appropriate recommendations to prevent future falls. The evaluation includes a complete physical exam with special attention to lower extremity strength, balance, vision, proper footwear, medication review, and in some cases, an in-home safety evaluation.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

While COPD is a progressive and debilitating disease, proper lifestyle changes and treatment can help you feel better, remain active, and slow its progression. Your Alignment Healthcare clinician will determine your stage of COPD and offer a treatment plan that includes frequent follow-up visits with a specialist to keep you feeling your best.

CONGESTIVE HEART FAILURE (CHF)

CHF is the leading cause of hospitalization for individuals over the age of 65. While treatment plans vary greatly from one individual to another, you can count on your Alignment Healthcare clinician to provide a full evaluation of your diagnosis and current condition to determine the best course of action for you.

POST-HOSPITALIZATION CARE

Members who are ready to leave the hospital after an illness or surgical procedure often find themselves overwhelmed due to numerous follow-up visits, medication changes, and new treatment plans. Before hospital discharge, Alignment Healthcare’s clinicians will personally coordinate and assist members and/or caregivers in navigating post-hospitalization plans. Our dedicated team arranges a visit to an Alignment Healthcare Center, communicates with your Primary Care Provider, and, if necessary, arranges home health care.

HOME MONITORING

Your enrollment in our programs may include home tele-monitoring. This technology grants you 24/7 access to Alignment Healthcare clinicians. The home monitoring kit also includes tools for you to take daily vitals and complete health questionnaires that will help us assess your health status, and follow-up as needed.

What is a Case Manager, and why do I need one?

Having a reliable person who understands the healthcare system, and can help you and/or your caregivers navigate through it, can make all the difference. That is why when you enroll in a disease management, home monitoring, or post-hospitalization program you may be offered a Case Manager.

For more information or questions regarding the programs, please call: 1.844.460.2554