



Chronic Care Management Program Behavioral Health Management

Virginia Premier is committed to helping you take control of your health. If you have been told you have Bipolar Disorder or Schizophrenia, our Chronic Care Management program will aim to help you become active in your own care, improve your health and quality of life and help you understand your condition.

Why participate?

- You will receive the most current health information about Bipolar Disorder and Schizophrenia
- You will get support from a Registered Nurse

Follow-Up Calls

After the first call, we will sometimes check in to see how you are doing and to answer your questions. We will give you information and support to help you live a healthy lifestyle. In addition to your behavioral health concerns, we may give you information about:

- Healthy weight
- Exercising
- Planning meals
- Quitting smoking

What does the program include?

A nurse will talk to you about:

- How Bipolar Disorder or Schizophrenia affects you
- Your overall health
- Your feelings about Bipolar Disorder or Schizophrenia
- Any behavioral health medications you are taking
- Using a mood journal to write down your feelings
- The importance of seeing your doctor
- Any other support services you may need

How can I join?

To learn more about Bipolar Disorder or Schizophrenia and how Virginia Premier can help, please call our Chronic Care Management Nurses, Monday - Friday, 8 am - 5 pm, at 1-866-243-0937.



Virginia Premier is an HMO and HMO SNP organization with a Medicare contract. Enrollment in any Virginia Premier plan depends on contract renewal.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, co-payments, and restrictions may apply. Benefits, premiums and/or co-payments/co-insurance may change on January 1 of each year.

Virginia Premier complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Call Member Services at 1-877-739-1370 (TTY: 711). October 1 to February 14, we are open daily from 8:00 am to 8:00 pm, 7 days a week. From February 15 through September 30, we are open Monday through Friday, 8 am to 8 pm. On certain holidays your call will be handled by our automated phone system.

This information is available for free in other languages.

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