

Understanding the ConnectCare3 Benefit

Dealing with a diagnosis of serious illness, managing chronic disease, achieving lifestyle changes that can improve your health – these can be extremely challenging tasks. If you or a loved one is faced with any of these situations or a similar situation, chances are you’ll be looking for some guidance. You will find that guidance – along with compassionate understanding and years of experience – from staff members at ConnectCare3.

The ConnectCare3 team of patient advocates, nurses, health coaches, and registered dietitians can answer your questions, ease concerns, and guide you to valuable resources. They’ll provide the support you need as you undertake your wellness journey.

About ConnectCare3

ConnectCare3 was founded as a response to a recognized need for experienced advocates who could help patients identify the best and most appropriate treatments and find the best providers and treatment facilities. The benefits of patient advocacy are supported by results of a study at Johns Hopkins Hospital that revealed patients with an advocate experience better outcomes and lower hospitalization rates than patients without one.

ConnectCare3 offers its services as a supplementary benefit to companies who partner with The Benecon Group, Inc., a consortium administrator that specializes in innovative and cost-effective self-funded employee benefit solutions for the private and public sectors. ConnectCare3 is a sister company to The Benecon Group.

ConnectCare3’s services of advocacy, nurse navigation, chronic disease management and prevention, nutrition education, tobacco cessation, and wellness consulting are confidential, and available at no cost to employees and their dependents who are covered under a Benecon insurance plan.

Patient Advocacy

The patient advocates at ConnectCare3 understand that a new diagnosis or other medical or mental health concern can be frightening and seem overwhelming. They work with patients to understand their needs and get them enrolled in the appropriate services – smoothly and quickly. If you or a loved one is facing a medical or mental health challenge, a ConnectCare3 patient advocate is a person you want by your side.

Coming This Month:

Service Lines & ConnectCare3 Staff
.....October 8th

The Value of ConnectCare3
(Nurse Navigation & Chronic
Disease Management & Prevention)
..... October 15th

The Value of ConnectCare3
(Wellness Consulting)
.....October 22nd

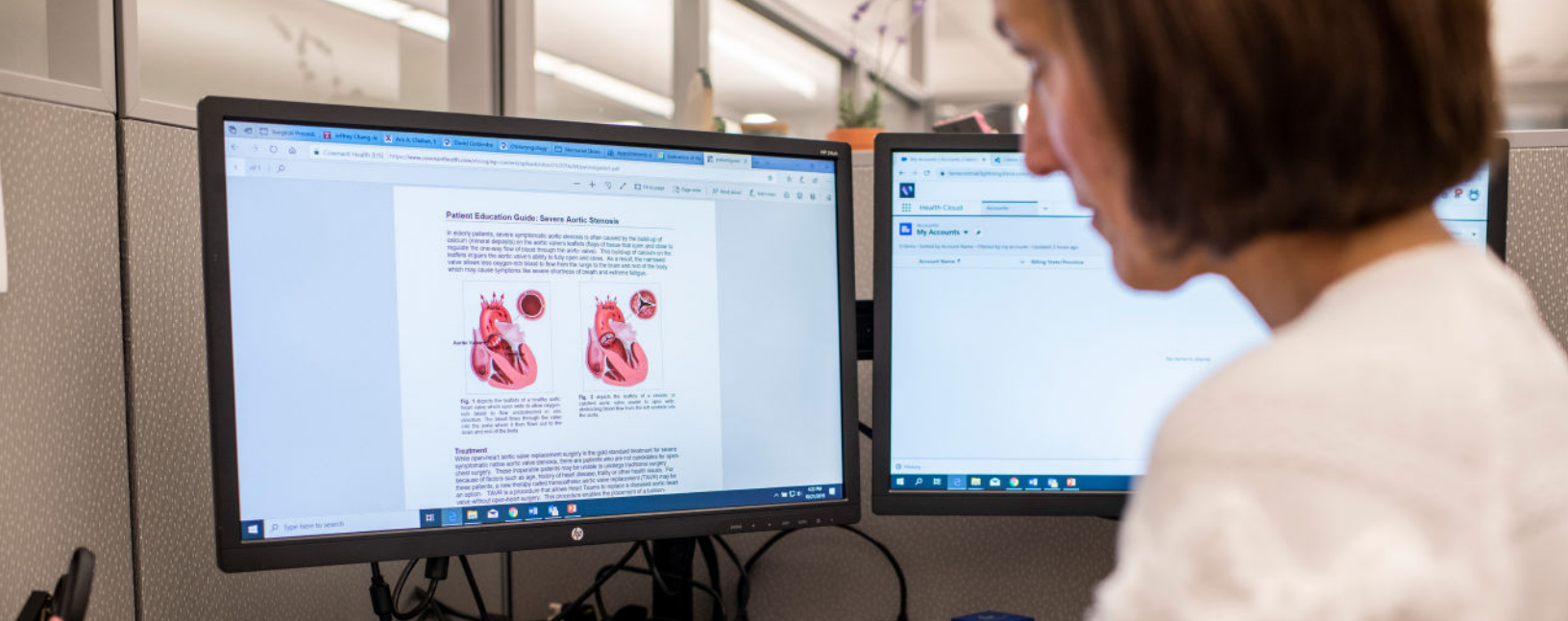
Cost Containment & ConnectCare3
..... October 29th

Wellness Webinar

Meet the ConnectCare3 Team
[Register Here](#)
.....October 27th

For assistance on your health and wellness journey, contact **ConnectCare3** at info@connectcare3.com or by calling 877-223-2350.

ConnectCare3 is available to those on the health insurance plan. Talk to your benefit representative to see if your company is enrolled.



Nurse Navigation

Well-known nurse, public speaker, and author Donna Wilk Cardillo is known to have said, “Nurses are the heart of healthcare.” The registered nurses at ConnectCare3 embody that sentiment as they help patients navigate the medical system following a diagnosis. Armed with years of experience, knowledge, and compassion, our nurses deal with cases involving oncology, critical care, orthopedics, cardiology, neonatal care, and organ transplants.

They help patients understand their diagnoses and prepare for medical appointments, assuring the appointments are as productive as possible. They lead the way in locating the best possible care, conducting research to gather the most reliable and current information, and relating that information to patients in an understandable manner.

ConnectCare3 nurses are more than medical professionals. They are sources of encouragement, calm voices of reason and support, and valuable educators. They are at the heart of the ConnectCare3 Benefit.

Chronic Disease Management and Prevention

If you suffer from a chronic disease such as diabetes, high blood pressure, high cholesterol, or obesity, you often can benefit from lifestyle modifications that help you manage the disease and prevent hospitalizations. Our team of registered nurses, certified health coaches, and registered dietitian are ready to help. Registered nurses can help you and your caregivers fully understand the implications of the chronic disease with which you’ve been diagnosed, provide options for specialists, and help keep you on track with follow-up tests and screenings.

Certified health coaches will guide you in achieving lifestyle modifications that are essential for controlling your condition, whether those modifications are exercise, sleep hygiene, stress management, or tobacco cessation. Our registered dietitian can educate you regarding the connection between nutrition and health, and will provide a personal nutritional assessment and customized meal and snack suggestions to help you manage and perhaps improve your chronic condition.

ConnectCare3 also offers a Chronic Disease Prevention program for patients with prediabetes or prehypertension, and those who are overweight or have a family history of chronic diseases.





Nutrition Education

Anyone wishing to improve eating habits and nutrition for themselves and their families can take advantage of ConnectCare3's nutrition education benefit. Our registered dietitians will work with you to complete an individualized nutritional assessment that evaluates current habits and identifies areas for improvement. Considering lifestyle, needs, preferences, and dietary restrictions, the registered dietitians can create personalized meal plans for you and your family.

Tobacco Cessation

Many ConnectCare3 clients have achieved their goal of stopping smoking with help from our certified health coaches. Patricia, who successfully quit her cigarette habit after 50 years, had this to say: "If you're ever thinking about quitting, I encourage you to give ConnectCare3 a try. They support you every step of the way."

Partnering with a certified health coach who has received tobacco cessation training, you will receive a personalized plan and a quit kit to help you stop smoking. Regular coaching communication can help you reduce tobacco use and quit for good when you're ready. Nicotine replacement therapy education is available, as well as cessation exercises and accountability from your coach.

Anyone who uses any type of tobacco product and is covered under their employer's health insurance plan is eligible for the tobacco cessation program to help quit or reduce usage.

Wellness Consulting

A healthy workplace benefits everyone – employees, their families, and the companies that offers them health insurance. Absenteeism and decreased productivity due to chronic disease and other conditions can negatively affect a business' bottom line. ConnectCare3 consultants and wellness coaches help companies create wellness plans that are easy to implement and offer ideas for getting and keeping employees engaged.

If you are an employer, HR manager, or member of a company wellness committee, the ConnectCare3 Wellness Solution team is ready to help you every step of the way in making your workplace healthier, happier, and more productive. We welcome you to join one of our upcoming webinars for human resource professionals. See our [website](https://connectcare3.com) for upcoming dates.

The ConnectCare3 Benefit

All the services described above are part of the ConnectCare3 Benefit – available to all employees and dependents covered under their employer's health insurance plan. The ConnectCare3 Benefit helps provide patients and their loved ones with peace of mind, confidence, and knowledge that they are never alone when navigating a health concern. Learn more at connectcare3.com, or call us anytime at 877-223-2350.