Care Management Plus patients at risk for complications and worsening of their health are referred to a care manager. The care manager—in consultation with the patient, family, physicians, and other health care providers—assesses the patient’s needs, creates a care plan, and acts as a catalyst to make sure the care plan occurs. Care managers help patients and caregivers to self-manage their disease and navigate the health care system.

Information technology (IT) systems complement the role of the care manager. IT tools include a tracking database, patient summary sheet, and electronic messaging systems. Reports are generated for ongoing assessment and administration of a care management program.