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**Supporting you through the rising cost of health care**

As a Univera Healthcare member, you and your family have free access to Care Management support to help you manage your health and your costs. Whether you need help coordinating care, managing a chronic or complex condition or finding resources for behavioral health, the Care Management team can help. The team includes nurses, dietitians, behavioral health specialists and social workers who work alongside you to overcome challenges and stay on track with your health goals. To get started, contact Member Care Management at 1-877-222-1240 (TTY 711) or [Case.Management@UniveraHealthcare.com](https://lifethc-my.sharepoint.com/personal/bfontain_excellus_com/Documents/Toolkit/Member%20Care%20Management/Univera/Case.Management@UniveraHealthcare.com)