

Beneficiary Care Management Resources

This resource guide provides a list of Care Management tools and support services to help you manage your health and navigate your care more effectively.

Anxiety

- [Psychotherapy or “Talk Therapy”](#)
- [Use Complementary Health approaches](#)
- [How to Help Your Child Through Anxiety](#)
- [What is Anxiety](#)
- [What is Cognitive Behavioral Therapy](#)
- [What is Social Anxiety Disorder](#)
- [NAMI Homefront Resources for Military Service Members and Families](#)
- [Peer to Peer Support Communities](#)
- [Treatment Settings](#)
- [Types of Mental Health Professionals](#)
- [Veterans & Active Duty](#)

Asthma

- [Asthma Video Series](#)
- [COPD Video Series](#)
- [Asthma and Allergy Foundation of America](#)
- [Asthma in Children](#)

Cancer

- [Exams and Tests for Cancer](#)

Congestive Heart Failure

- [High Blood Pressure](#)
- [High Cholesterol](#)
- [EKG](#)
- [Echocardiogram](#)
- [Exercise Stress Test](#)
- [MUGA Scan](#)
- [Cardiac Catheterization](#)
- [Taking medications as prescribed](#)
- [Medications Used to Treat Heart Failure](#)
- [Cardiac Rehab](#)
- [Monitor Your Blood Pressure](#)
- [Managing Blood Pressure with a Heart-Healthy Diet](#)
- [Stress and Heart Health](#)
- [Avoid Alcohol](#)
- [HF Questions to Ask Your Doctor](#)
- [Hospital Discharge Packet for Heart Failure](#)
- [My HF Guide: Free Interactive Workbook](#)
- [Medication Used to Treat Heart Failure](#)
- [Medication Tracker](#)
- [Symptom Tracker](#)
- [Heart & Stroke Helper App](#)

Coronary Artery Disease

- [Smoking](#)
- [Heart Health Screening](#)
- [ECG or EKG test \(electrocardiogram\)](#)
- [Echocardiogram \(Echo\)](#)
- [Exercise Stress Test](#)
- [Cardiac Catheterization](#)
- [Coronary Angiogram](#)
- [Take Heart Medications as Prescribed](#)
- [Eat Healthy Foods \(lower sodium, less fat\)](#)
- [Get regular exercise](#)
- [Reach a Healthy Weight](#)
- [Manage Stress](#)
- [Cardiac Rehab](#)
- [Heart Surgery and Recovery Resources](#)
- [Interactive Heart Library](#)
- [Sexual Activity and Heart Disease](#)
- [Symptom Checker](#)
- [Warning Signs of a Heart Attack](#)

Depression

- [Psychotherapy or “Talk Therapy”](#)
- [Use Complementary Health approaches](#)
- [What is Depression](#)
- [What is Postpartum Depression](#)
- [What is Cognitive Behavioral Therapy \(CBT\)](#)
- [Treatment Settings](#)
- [Types of Mental Health Professionals](#)

Diabetes

- [Diabetes Food Hub - Recipes](#)
- [Diabetes](#)

Patient Education

- [Krames Online - Patient Education Library](#)

Sleep Apnea

- [American Academy of Sleep Medicine](#)
- [National Sleep Foundation](#)

Webinars

- [What is Anxiety?](#)
- [What is Bipolar Disorder?](#)
- [What is Depression?](#)
- [What is PTSD?](#)
- [What is Schizophrenia?](#)



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