



MyHealth**GPS**



## Your Practice's Guide to Partnering with My Health GPS: **Healthy Starts Here**

### **What is My Health GPS?**

My Health GPS is a new Medicaid care coordination program sponsored by the DC Department of Health Care Finance (DHCF) and delivered by approved District primary care providers. This free service helps Medicaid beneficiaries in Washington, DC who are diagnosed with multiple chronic conditions get the care and services they need to achieve their health goals.

### **Interested in New Ways to Help Your Patients Stay Healthy?**

My Health GPS aims to improve health outcomes while reducing inappropriate hospital utilization and hospital readmissions. These services will not replace the patient's relationship with their primary care providers. Instead, My Health GPS provides wraparound services to improve patients' health, wellness, and overall quality of life.

This new program supports Medicaid beneficiaries on their journey to good health by complementing and enhancing primary care providers' ability to provide patient centered care. My Health GPS teams can extend primary care providers' ability to follow-up with patients, and ensure they have access to timely information and services.

### **Want to Help Your Patients Sign Up?**

You play an important role in helping your eligible patients learn about and enroll in My Health GPS.

- You can help your patients understand the services and benefits they can receive through My Health GPS.
- Enrollment is easy. Just check the Medicaid Portal at [www.dc-medicaid.com](http://www.dc-medicaid.com) to see if your patients are eligible or call the Department of Health Care Finance at 202-724-7755 for more information.



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## How Does My Health GPS Help Patients?

My Health GPS helps patients by:

- ✓ Assessing patient biopsychosocial needs and goals
- ✓ Creating a proactive care plan
- ✓ Establishing accountability and agreeing on responsibility
- ✓ Communicating and sharing knowledge
- ✓ Helping with transitions of care
- ✓ Supporting patients' self-management goals
- ✓ Linking to community resources
- ✓ Monitoring and follow-up, including responding to changes in patients' needs

## Who is Providing Care Coordination Services?

Bread for the City	202-386-7020
Children's National Health System	202-476-4663
Community of Hope	202-540-9857
Medical Home Development Group	202-684-2784
Family and Medical Counseling Service	202-889-7900
La Clinica del Pueblo	202-350-8047
Mary's Center	1-844-796-279
Providence Health Service	202-854-4477
Unity Health Care	202-469-4699
Whitman-Walker Clinic	202-939-7675

## Who's Eligible for My Health GPS?

There are more than 30,000 adults and children eligible for My Health GPS in the District. In order to participate in the My Health GPS program, an eligible patient must be a DC Medicaid beneficiary and must have three or more of the following qualifying chronic conditions:

- ☐ Asthma/COPD
- ☐ Body Mass Index > than thirty-five (35)
- ☐ Cerebrovascular disease
- ☐ Chronic renal failure
- ☐ Diabetes
- ☐ Cardiac dysrhythmias
- ☐ Congestive heart failure
- ☐ Myocardial infarction
- ☐ Pulmonary heart disease
- ☐ Hepatitis
- ☐ Human Immunodeficiency Virus (HIV)
- ☐ Hyperlipidemia
- ☐ Hypertension
- ☐ Malignancies
- ☐ Depression
- ☐ Behavior Disorders
- ☐ Personality Disorders
- ☐ Paralysis
- ☐ Peripheral atherosclerosis
- ☐ Sickle cell anemia
- ☐ Substance use disorder

## How Can Patients Learn More or Participate in My Health GPS?

Simply check the Medicaid Portal at [www.dc-medicaid.com](http://www.dc-medicaid.com) to see if your patients are eligible or call the Department of Health Care Finance at 202-724-7755 for more information.

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