



CARE COORDINATION

Care Coordination helps people get all their healthcare needs met in one easy care plan. This includes physical health, mental health, and long-term care. It also helps providers work together to serve patients who have serious or ongoing health problems.

In addition, Care Coordination helps members stay healthy in safe and low-cost ways. If you want Care Coordination, you will fill out a Health Risk Assessment (HRA). This tells us what healthcare you need. Then, you will get a care coordinator from your health plan. They will do a Comprehensive Needs Assessment (CNA) to learn more about your health. Together, you will make a care plan to reach your health goals.

TO LEARN MORE ABOUT CARE COORDINATION, CONTACT YOUR HEALTH PLAN.



1-866-680-1523

bh_coordination@bcbsnm.com



1-844-862-4543

nm_care_coordination@molinahealthcare.com



1-888-977-2333

info@phs.org

cara@phs.org (CARA referrals)



1-877-236-0826

uhc_care.coordination@uhc.com



TO LEARN MORE
ABOUT CARA,
CONTACT YOUR
HEALTH PLAN OR
VISIT
[www.hca.nm.gov/
comprehensive-
addiction-and-
recovery-act-cara](http://www.hca.nm.gov/comprehensive-addiction-and-recovery-act-cara)

COMPREHENSIVE ADDICTION AND RECOVERY ACT (CARA)

The Comprehensive Addiction and Recovery Act (CARA) is a law that helps fight substance use problems. It supports programs for prevention, education, treatment, and recovery.

In New Mexico, the CARA Program helps pregnant people who use substances. It also helps families with babies exposed to substances before birth. Parents and caregivers can work with their provider to make a Plan of Safe Care. This plan helps families get resources and services they need.

The CARA Program works with state agencies, hospitals, Medicaid, and community programs. Families can also get help from programs like Medicaid Home Visiting through their health plan.

*Such services are funded in part with the
State of New Mexico.*

