



SpecifiCare: Expert nurse guidance
for you and your family

“It's nice to have somebody to reach
out to when you have questions and
need some support.”

— Regence member

Regence SpecifiCare™ can have a positive impact on the lives of you and your covered family members, whether you're expecting a child or dealing with serious illness or a chronic condition. With SpecifiCare, you get the highest-quality care and support when you need it most.

Whether you need help coordinating care or managing a chronic health condition, our team is here to offer extra support 24 hours a day and seven days a week. With SpecifiCare, a dedicated nurse can help you navigate the health care system and make sure you get the right care at the right time.

One nurse to help navigate care

If you face a complex or sudden medical issue, our care managers—experienced registered nurses and social workers—are here to answer questions and make sure you get the care you need. We'll pair you with a single nurse who can act as an advocate, advisor and guide as you navigate the health care system. This nurse will partner with you and your doctor to support a treatment plan based

on your needs, support system and benefits. We take a holistic view of your health, looking at how all the pieces of your care experience work together. With a care manager on your side, you can focus on getting healthier. Even in the middle of the night, you can reach out for support. With access to a 24/7 nurse line, you can get health information and advice whenever you need it.

Why we'll call you

- You recently had a hospital stay
- You're preparing for a hospital stay
- You have a chronic condition
- You have a high-risk pregnancy
- We identify a gap in your care
- We want to share important information about a health condition
- You've been in the hospital or the ER many times
- You have a baby in the NICU
- You're receiving a transplant

How we can help

- Offer support, information and resources
- Coordinate complex care, including scheduling follow-up doctor visits
- Answer questions about benefits and health conditions
- Make sure you're getting the right services, at the right time and place
- Work to establish the right care team through a single-nurse model
- Help manage a complex or chronic condition
- Help you understand your plan of care and post-hospital discharge instructions
- Connect you with additional services offered by Regence or your employer
- Offer guidance as you prepare for an upcoming procedure

Extra guidance when you need it most



24/7 nurse line for health advice and support



Access to Regence BabyWiseSM, our comprehensive pregnancy and new-parent program



One nurse care manager to ensure you get the best care possible

Support for chronic conditions

If you're managing a chronic health condition, you need an advocate who puts your care needs first. With our single-nurse model, your personal nurse can help with the heavy lifting of setting up care conversations and appointments. This dedicated nurse can be

an advisor, coordinator and interpreter. Each nurse is backed by a multidisciplinary team of experts who can offer support and guidance. You can rest easy knowing we're working behind the scenes to address any potential gaps in care.

How SpecifiCare can help: A member story

When a member with a history of back pain was admitted to the ER with a spinal abscess, a care manager stepped in to help. After surgery, the member was treated with rehab and six weeks of IV antibiotics. But living in a rural community meant that getting to infusion centers would be difficult. The care manager coordinated a home infusion option to make things easier for the member and his wife, and a provider trained them on the process in the hospital. The home infusion treatment saved the member more than \$8,000, and the care manager followed up with the member throughout the six weeks of infusion treatment to provide additional resources and support.

Get enhanced support and a
single-nurse model with SpecifiCare.



Regence BlueCross BlueShield of Utah
is an Independent Licensee of the Blue Cross and Blue Shield Association

Regence BlueCross BlueShield of Utah
2890 E Cottonwood Parkway | Salt Lake City, UT 84121

REG-426415-22/01-UT
© 2022 Regence BlueCross BlueShield of Utah

Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711).