

Care Management

Coordinated care and wellness programs to help you get and stay healthy.

Care management is all about helping improve patient health. It involves coordinating care among providers, reducing hospital visits, boosting patient engagement, improving patient mental and physical health and well-being, and helping patients and providers better manage chronic conditions.

HealthTeam Advantage facilitates care management with programs and services managed internally and with partners like Landmark Health. We promote patient mental and physical health and well-being through our wellness program, Living Plus.

These programs and services are included in all HealthTeam Advantage plans:

Living Plus—this health and wellness program focuses on active living, healthy eating, and social connections for members of all abilities. The program includes education, events, and classes with topics ranging from increasing bone and muscle strength, and reducing the risk of falls, to increasing energy and a sense of well-being, and increasing your memory and concentration.

Landmark Health—this program is for highest-risk PPO and qualifying HMO CSNP members with multiple chronic conditions (such as heart failure, chronic kidney disease, or malnutrition), Landmark Health offers in-home medical services and care coordination, at no additional cost. Landmark Health works in collaboration with the member’s own primary care provider to help manage high-need members by providing 24/7 access to the care they need when they need it.

The Interdisciplinary Care Team (IDT)

The Interdisciplinary Care Team (IDT) is a team of healthcare professionals from different disciplines who work together to manage your physical, psychological, and social needs. Whenever possible, you and your family should be part of the team.



HealthTeam Advantage, a product of Care N’ Care Insurance Company of North Carolina, Inc., is a Medicare Advantage organization with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal.

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