

Your SQCN care management services



A message on behalf of your Primary Care Team

We are working with Sentara Quality Care Network (also referred to as SQCN or “Sequin”) to offer a network of doctors and providers who can improve the quality of your healthcare. The SQCN care management team gives information about managing chronic diseases and preventive care.

SQCN offers no-cost, convenient support services, such as:

- Healthcare goals and how to reach those goals
- Help with finding community resources
- Support after a hospital or emergency room visit
- Appointments for preventive care services, such as colorectal cancer screenings, diabetic eye exams
- Education and resources to help you understand and manage chronic conditions like hypertension, asthma or diabetes

What is care management?

The idea is that you get the right care at the right time in the right setting. Your care management team is made up of registered nurses and care coordinators that partner with us to improve the quality of your care.

An interest in working on your healthcare goals with your care management team is all you need. You can discuss topics like:

- Diabetes
- Heart failure
- High blood pressure
- Lung disease
- Chronic kidney disease management
- Preventive care
- Resource needs

Contact your SQCN Care Manager to get started. Reach SQCN Member Services at **757-455-7330** or **SQCN@sentara.com**.