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Personal Health Management

Meet Your Personal Health Nurse

Navigating today's complex healthcare system to get the care you or your loved ones deserve, often can lead to confusion and frustration. With this in mind, Catholic Charities has partnered with Conifer Health Solutions, a national leader in personal health management (PHM) with an exceptional reputation of managing more than 5.7 million health plan members.

The Conifer Health Solutions program is designed to identify health related needs specific to the individual, while working with your doctors to ensure you receive the most appropriate and clinically-proven healthcare treatment.

Conifer complies with the HIPAA Privacy Rules to ensure all of your personal health information is confidential. It will not be shared with your employer or with any party not associated with your health care plan without your consent.

About Me

Patricia has been a Registered Nurse since 1992; her nursing experience has allowed her to work in a neonatal intensive care unit as well as with women's health issues. Patricia started as a Personal Health Nurse for Conifer Health in August, 2009. In her role as a Senior Personal Health nurse, she works closely with the financial and clinical analysis at all levels of the health management continuum. Patricia enjoys teaching and is often active with the orientation of new personal health nurses.

As a member of the health plan, you may benefit from Personal Health Management support. If you qualify for the program, Patricia will call you to provide key information about the program and to discuss your healthcare needs. You may also choose to call her. If you choose to enroll in the program, she will become your personal health nurse and serve as your healthcare advocate – helping you live a healthier life through personalized, convenient support.

While finding great pride in helping to educate members about their medical conditions, coordinating care, and providing them assistance with navigating the healthcare system, Patricia also enjoys spending time with her husband, children and grandchildren as well as traveling, walking, reading and knitting.

How I Can Help You Take Charge of Your Health

As a Personal Health Nurse (PHN) who can become your personal healthcare advocate to answer any questions or concerns you may have regarding healthcare services and resources while assisting you in your healthcare needs.

Members have found this benefit invaluable, as it provides them the opportunity to discuss their personal health situations with an experienced registered nurse (RN). We encourage you to participate in the Conifer Health Solutions program as your health and wellbeing is important. Let us help you live a healthier life through personalized, convenient support.