

# Chronic Disease Management

A ConnectCare3 Service

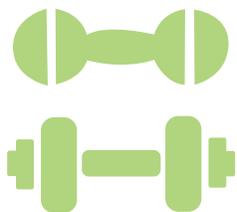
The ConnectCare3 Chronic Disease Management Program is a multidisciplinary team consisting of registered nurses, certified health coaches, and a registered dietitian. The Chronic Disease Management team will work in collaboration with every patient who enrolls in the program.

Our team approach to managing chronic conditions provides our patients with access to resources and expertise all in one place. With this structure, our patients will have the tools needed to achieve a successful outcome.



## Registered Nurses

The registered nurse will work with patients to assess their understanding of their diagnosis and current self-management practices, help to enhance communication with their current team of physicians, or provide options for specialists if needed. The registered nurse will also help to keep you on track with important follow-up tests and screenings that are key for monitoring chronic conditions.



## Certified Health Coaches

The certified health coach will work with patients to provide education and support about important lifestyle modifications that are essential for controlling chronic conditions. These modifications include exercise, sleep, stress management, and even tobacco cessation.



## Registered Dietitian

The registered dietitian will complete a thorough nutritional assessment for each patient and utilize an evidence-based approach to help manage chronic conditions through nutrition. The registered dietitian will also provide education to patients about the connection between nutrition and health.

## Eligibility for Chronic Disease Management

At this time, the Chronic Disease Management Program is available to people who have been diagnosed with one of the following conditions:

- Prediabetes
- Diabetes
- High Blood Pressure
- High Cholesterol
- Obesity