

# Managing Chronic Conditions for a Better Life

Do you suffer with a chronic condition? If you do, you're not alone. According to a 2010 Medicare study,

**2/3** of Medicare beneficiaries had **two** or more chronic conditions.

Put simply, a chronic condition is a medical ailment that lasts at least twelve months and causes a significant decline in a person's health.

Chronic diseases can take over a person's life. Aside from the obviously serious health symptoms like pain and fatigue, they're also time-stealers. There's the time lost worrying and not feeling well. Then there's the time it takes to manage doctor appointments and medications.

Once the cycle of illness and eventual hospitalization has begun, it's very hard to break. And, all the while, it's taking time away from living, from being with friends and family and doing the things that bring you joy.

## Breaking the Chronic Cycle

With Premium Care Management, eligible patients have an entire medical team devoted to breaking the illness cycle and getting them back to enjoying the important things in life. Your care team includes your doctor, specially trained associates from your doctor's office called "Extenders," nurse case managers, hospitalists, pharmacists and a dedicated phone support team.

It all begins with your primary doctor, who will help assess your condition and work with you to create a care plan, customized just for you. From there different members of your care team will help you to manage your appointments, medications and other treatment and wellness resources.

Here are some of the added services you'll enjoy as part of our Premium Care Management program:

- ✔ 24/7 on-call medical phone service
- ✔ Transportation assistance
- ✔ Medication reconciliation
- ✔ Streamlined care transition from Hospital to Home
- ✔ Regular "check-in" calls from your case manager
- ✔ Home care services coordinated for you
- ✔ Social support services coordinated for you
- ✔ Centralized medical records for seamless care
- ✔ Initial, follow-up and post-discharge appointments coordinated for you

**How do I start? In order for you to participate your doctor must determine that:**

- You have multiple (two or more) chronic conditions expected to last at least 12 months, and that;
- These conditions are expected to get worse or to place you at significant risk for functional decline or death.

**Ask your doctor today for a wellness review to determine if you are eligible. If you are, your doctor will get you started on your way to improved health.**

