

# Managing a chronic medical condition alone isn't easy.

## Turn to us!

Keeping on top of a chronic medical condition can be a challenge, especially if you don't know where to start. With Health Advocate's Chronic Care Support Program, you have confidential access to regular phone sessions with a Nurse Coach for help **better managing your condition and improving your health and quality of life.**



## Your Nurse Coach will help you:

- **Keep on track** with your treatment plan and develop questions to ask your doctor
- **Improve lifestyle habits** like eating healthier and exercising more
- Recognize when your symptoms may be **getting out of control** so you can avoid serious complications

**And much more!**

# Chronic Care Support Program: FAQs

## Q. What conditions can I get help with?

- Asthma
- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes
- Heart Disease
- Heart Failure
- Hypertension
- Metabolic Syndrome

## Q. How do I start working with my Nurse Coach?

Simply call Health Advocate. You will be assigned a Nurse Coach, who will ask you about your condition, health history and any concerns you may have. Together, you will develop a plan and discuss the strategy through regularly scheduled phone sessions.

## Q. I always forget when I need to get my tests. Can you help?

Yes, you will receive regular reminders about important tests, screenings, and check-ups to help you stay on track.

**Answers  
to your  
questions!**



## Q. Will my personal health information be kept confidential?

Yes. Our Chronic Care Support team fully complies with the privacy rules outlined in the Health Insurance Portability and Accountability Act (HIPAA).

## Q. Who is eligible to use the program?

You, your spouse and dependents age 18 and older covered under your health plan.



Enroll today—  
we can help.



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Web: [HealthAdvocate.com/Inframark](http://HealthAdvocate.com/Inframark)

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