
Do you have at least one of the following chronic diseases?

- diabetes
- congestive heart failure
- coronary artery disease
- chronic obstructive pulmonary disease
- hypertension

Chronic disease management helps people with chronic diseases self-manage their own health care needs across multiple health care settings.

Chronic Disease Management Program includes:

- How to manage symptoms
- Working with your health care team
- Setting weekly goals
- Effective problem solving
- Better communication
- How to relax



What does a chronic disease management program provide?

CCHC staff are trained in chronic disease management. Staff will assist patients in learning the skills needed to manage their care in any health care setting within the comfort of their own home. Patients will develop skills to help them feel comfortable when speaking with their health care providers, managing medications, tracking important health care information, and implementing healthy strategies to manage their chronic disease.



Services provided are:

- Skilled Nursing
- Coaching visits
- Physical Therapy
- Occupational Therapy
- Home Health Aide



What is Health Coaching?

Health coaching, by qualified health professionals, will help you to achieve your goals for better health by giving you information and ideas to better understand your chronic condition(s) and make positive lifestyle changes. For example, they can help you weigh up the pros and cons of an important decision or better understand a particular symptom you may be experiencing.

This will make it easier for you to make decisions about your health care and communicate these to your doctor and other health service providers. Your coach works together with you in supportive way to clarify your goals and encourages you to continue to work towards achieving them.

Covenant Connections Home Care
18440 W. McNichols Rd
Detroit, Michigan 48219
Phone: (313) 592-1517
Fax: (313) 592-1530

www.my covenantconnections.com
