

Empowering you to thrive with a chronic condition



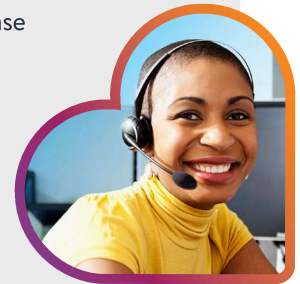
While managing a chronic medical condition can feel overwhelming at times, you don't have to go it alone. Health Advocate's **Chronic Care Support Program** provides a compassionate guiding hand to help you confidently navigate your journey toward improved health and well-being. Through this program, you'll have regular access to a dedicated Nurse Coach via confidential phone sessions.

Your Nurse Coach will work closely with you to understand your specific medical condition. Together, you will find ways to manage it better. Your coach will help you:

- Follow your treatment plan
- Understand your medications and doctor's instructions
- Know what questions to ask your doctor
- Live a healthier lifestyle by eating healthier, exercising, and managing symptoms
- Watch for symptom flare-ups and how to address them
- Understand how to pay attention to your body and any changes in how you feel to catch issues early

Our nurses personalized support for a wide range of chronic conditions, including:

- Asthma
- Chronic kidney disease
- COPD
- Depression
- Diabetes
- Heart disease
- Heart failure
- Hypertension
- Metabolic syndrome
- Musculoskeletal disorders



How to get started

Just give Health Advocate a call. You'll be connected with a Nurse Coach who will listen to your concerns and learn about your specific situation. With our team by your side, you can take control and start feeling your best!



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