



Meet Your Goals... With Help from a Chronic Care Coach

Chronic health issues don't have to keep you from setting and reaching your goals.

Whether you want to play with your grandkid, take a walk every day or just continue to live in your own home longer, a Chronic Care Coach can help you reach your goals.

Chronic Care Coaching is Recommended...

Managed Care Organizations (MCO) know health coaching can help keep patients out of the hospital and stay in their own homes. That's why Medicaid is encouraging services like Chronic Care Coaching to patients who have health conditions that put them at risk for emergency room visits and hospital stays.

If your service coordinator recommends Chronic Care Coaching, try it. It's a powerful tool with resources to help you stay healthy.

No Expenses for You...

Your service coordinator may recommend Chronic Care Coaching because it could help you stay healthy and out of the hospital. The Chronic Care Coaching services and equipment are paid by Medicaid, so there are no costs for you when the MCO approves the service. If you have questions or would like more information about Chronic Care Coaching please call the number below.



Chronic Care Coaching

A Service of



**Windsor Place
Telehealth**

866-801-5391 or 620-251-4628
www.windsorplace.net/telehealth.html

Chronic Care Coaching

**Helping You Stay
Healthy and Avoid
Hospital Visits**



A service provided by



**Windsor Place
Telehealth**

Get Help Right at Home...

Wouldn't it be great if you could visit with a nurse without leaving home? That's exactly what you can do with Chronic Care Coaching from Windsor Place.

Chronic Care Coaching is a service available to patients with multiple health conditions. If you have high cholesterol, diabetes, heart disease, high blood pressure, arthritis or other chronic illnesses, your doctor may recommend this service.

Chronic Care Coaches are nurses with special training. They will get to know you and your personal history. During your monthly video visits, they will teach you about diet and activity. These nurses help to monitor your health and answer questions. They can help you live the life you want and avoid going to the hospital.

Your monthly visits with a Chronic Care Coach will take place in the comfort of your own home. Using a tablet device, you will be able to easily see and talk with your coach.



Your Care Coach Can...

- Review your medical history and assess your current condition.
- Help you develop a personal plan of care with goals you want to accomplish.
- Communicate with your doctors or other health care providers.
- Schedule appointments and connect you to care with other care providers. This includes specialists, pharmacists, dentists and therapists.
- Review your prescriptions for accuracy and see if you are taking them properly.
- Arrange for other services like home health, public transportation, home medical equipment and Meals on Wheels.
- Educate you about your medical conditions, nutrition and offer ways to improve your health.

The Tablet is Easy to Use. We Promise...

The tablet is durable and easy to operate. There's no need to be tech-savvy or have previous experience with a tablet device.

We'll teach you everything you need to know. A trained installer will deliver the tablet to your home. That installer will walk you through a few easy steps that will get you started.

In about an hour, you'll know how to use your tablet. You'll even meet your coach who is standing by. The installer can also help you schedule your first appointment with your coach.



Security is Key...

Your tablet will be password protected. That password is easy to remember and will give you access to the system and your coach. There are no additional internet or phone charges.