

## WHAT ARE THE CHANCES THAT I HAVE OR MAY DEVELOP CHRONIC CONDITIONS?

*According to the Centers for Disease Control and Prevention:*

- Roughly 6 out of 10 adults in the U.S. have a chronic condition.
- Roughly 4 out of 10 adults in the U.S. have two or more chronic conditions.
- Chronic conditions are the leading causes of death and disability in the U.S.

## WHAT ARE THE RISK FACTORS OF CHRONIC CONDITIONS?

- Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.
- Lack of physical activity.
- Excessive alcohol use.
- Tobacco use and exposure to secondhand smoke.



**RISK FACTOR**

## ARE YOU AT RISK FOR GI-Related Chronic Conditions?



## OUR GOAL

Our goal is to provide you with the best care possible, to keep you out of the hospital, to save you money, and to improve the quality of your life. We are very excited about these new services, and we hope that you will make the decision to participate.

## CONTACT US

For more information, please **call our Care Coordinator** at **828-630-8609** or **email** **CareCoordinator@ncdhp.com**.

Enrollment is very simple and should only take a few minutes.



Comprehensive Chronic Care  
Management Program

## WHAT EXACTLY IS CHRONIC CONDITIONS?

A chronic condition is broadly defined as a condition that lasts 1 year or more and requires ongoing medical attention or limits activities of daily living or both. These conditions can affect your ability to perform important activities, restricting your engagement in life and your enjoyment of family and friends.

## WHAT ARE SOME EXAMPLES OF GI-RELATED CHRONIC CONDITIONS?

- **Fatty Liver Disease**
- **Underlying Metabolic Syndrome Conditions** (increases risk for liver issues)
  - **Obesity**
  - **Hypertension** (high blood pressure)
  - **Hyperglycemia** (high blood sugar)
  - **Hyperlipidemia** (high cholesterol)
- **Irritable Bowel Syndrome**
- **Inflammatory Bowel Disease**
- **Ulcerative Colitis**
- **Crohn's Disease**
- **GERD**

## REMOTE PATIENT MONITORING (RPM)

This new service utilizes digital scales to collect and transmit your health data from the comfort of your home straight to your Care Coordinator. This allows your Care Coordinator to more closely and accurately track your progress in order to further reduce the chance of additional office visits and hospitalizations. With RPM, you won't have to wait to see your physician in person in order to resolve potential health concerns before they develop into more serious issues.



“I love the support I get from my care team each month. Paula, my care coordinator, truly knows me. She really cares about my health and wellness. I'm so happy that my doctor recommended the program. **It's been life-changing.**”

-Actual Patient

## OUR PROGRAM

Digestive Health Partners has developed a new and comprehensive **telehealth-based chronic care management program** for patients identified as having or being at risk for chronic conditions. The best way to prevent these conditions is to adopt heart-healthy lifestyle changes by making small modifications to your daily habits, which can make a big impact over time. This program offers exactly that.

## PROGRAM HIGHLIGHTS

- There should be **no out of pocket cost to you** if you have Medicare or a Medicare Advantage Plan.
- Telehealth-based platform, so you **don't have to leave your home.**
- Enrollment is easy, the program **takes very little of your time**, and you can cancel at any time.

“I really like the fact that clinical professionals can call me and plan my good eating habits from one month to the next. **It is so convenient, especially for me.** Thank you!”

-Actual Patient