



# Personal support to manage your health condition at your fingertips

Concierge Care is a digital, app-based program that can pair you with a health advocate to provide personalized coaching on a variety of health conditions, and it is covered by your health plan. You'll receive on-demand access to professional support to help keep you healthy.

## You don't have to manage your care alone.

Choose the program that best fits your needs.

1. Scan the QR code and sign up with your details at no cost.
2. Receive a text message on your cell phone with a link to download the app on your device.
3. Create an account and start your personalized program.



### Type 2 Diabetes

Navigating diabetes can be challenging, from nutrition, to insulin, to eye care. Your health advocate can provide personalized support to navigate every step of your journey.



### Discharge Essentials

Personalized support to help prevent hospital readmission, and keep you healthy after getting discharged from the hospital.



### Cancer Care Navigator

A cancer diagnosis can be overwhelming, but a care manager can support you every step of the way. Includes coordination of care with your oncologist and care team, emotional support, and medication management.



### Heart Failure

Managing heart failure can be easier with a support system. Together with your health advocate, learn to better monitor your wellbeing and build new, heart-healthy habits.



### Crohn's Disease

Personalized support to manage Crohn's disease, including assistance to find the best treatments.

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