

To make an appointment call Vegreville Home Care, Public Health, Rehab office at 780 632-3331 Monday to Thursday, 8:00 am to 4:00 pm.

What to expect when attending the first appointment:

- The first appointment is a comprehensive multidisciplinary meeting with the team (3 or 4 members) who gather your information.
- This approach means you only need to describe your health story once.
- Expect the first appointment to be about 1 ½ hours long.
- It is helpful to bring
 - all medication you are currently taking (or a current list of your medication)
 - records or log books of blood sugars or blood pressure (if applicable)
 - any equipment or devices you are using (walker, orthotics, splints, blood glucose monitor, etc.)

The **Health 4 Life** Chronic Disease Management Program is a service of East Central Health and is operated out of the clinic located at the Public Health, Home Care, and Rehab Office
5318 - 50 Street
Vegreville

For more information
call
780 632-3331

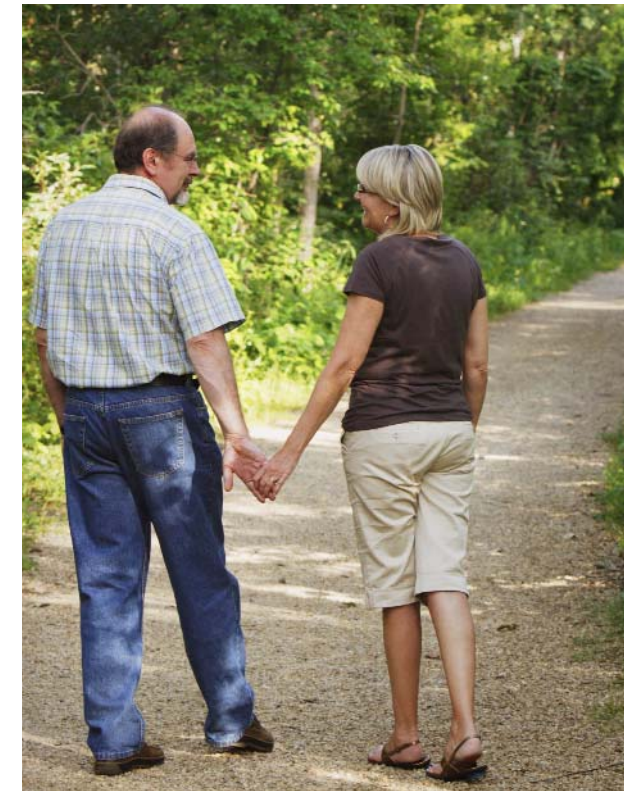
www.ech.ab.ca

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Health 4 Life

A Chronic Disease
Management Program



Chronic Disease

Although chronic diseases are among the most common and costly health problems facing Canadians they are also among the most preventable.

Examples include:

- Lung disease
- Heart Disease
- Asthma
- Diabetes
- Arthritis
- Fibromyalgia
- Parkinsons
- Stroke
- Mental illness

While some risk factors such as our age, sex and our genetic make-up cannot be changed, many behavioral risk factors can be modified.

Risk factors for developing chronic disease are:

- High cholesterol
- Unhealthy diet
- Tobacco use
- Excessive Alcohol use
- High blood Pressure
- Lack of physical activity
- Overweight

What is *Health 4 Life*?

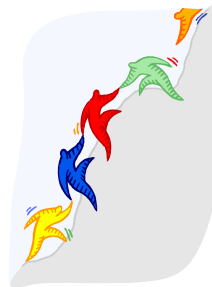
***Health 4 Life* is a Chronic Disease Management Program to support chronically ill adults in living well with a chronic condition.**

The program provides an in-depth assessment by professionals to develop:

- Lifestyle Health Plan
- Follow up plan
- Referral to self-management classes.

A team of professionals assess the individual together, at the same time, in the same place. Team members include:

- Occupational Therapist
- Physical Therapist
- Registered Nurse
- Registered Dietitian
- Auxiliary members
 - Respiratory Therapist
 - Pharmacist
 - Mental Health Therapist



Referral

Consider *Health 4 Life* when an individual (over the age of 18):

- has a newly diagnosed chronic disease
- has the priority of self-management.
- would benefit from assessment by more than one discipline
- is seeking further knowledge, skills and support regarding their chronic disease.

Referral can be made by yourself, a caregiver, a physician or other health care professionals (Home Care, Rehab Program, Acute Care).

Clients need a family physician that the team can be in touch with and collaborate with on client care. If you do not currently have a family physician the team can assist you with getting one.

