



# NASI PERSONAL HEALTH MANAGEMENT

Counseling and Support for Chronic Conditions

Carewise Health may invite you to join the NASI Personal Health Management Program if you are living with a chronic health condition (like asthma, diabetes, COPD and high blood pressure).

If you enroll in the Program, you'll work with a registered nurse by phone to:

- understand your current health status
- set personal goals for improving your health and quality of life
- get the right tests and treatments for your condition
- avoid potential complications of your condition

The Program empowers you to be an active member of your healthcare team and effectively manage your condition.

#### *Just the Facts:*

- *The New NASI Personal Health Management Program begins August 1, 2014.*
- *The Program is to help eligible Welfare Fund participants with chronic conditions improve their symptoms.*
- *It's is free, voluntary and confidential.*
- *If you're identified as someone who would benefit from the Program, you will be contacted by Carewise Health.*
- *Once enrolled, you'll engage in scheduled phone counseling sessions with a registered nurse.*
- *If you're contacted, PLEASE TAKE THE CALL!*

If you are contacted by Carewise Health, please take the call!

