

**Hennepin Health 612-596-1036**  
**Monday–Friday, 8 a.m.–4:30 p.m.**

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612-596-1036

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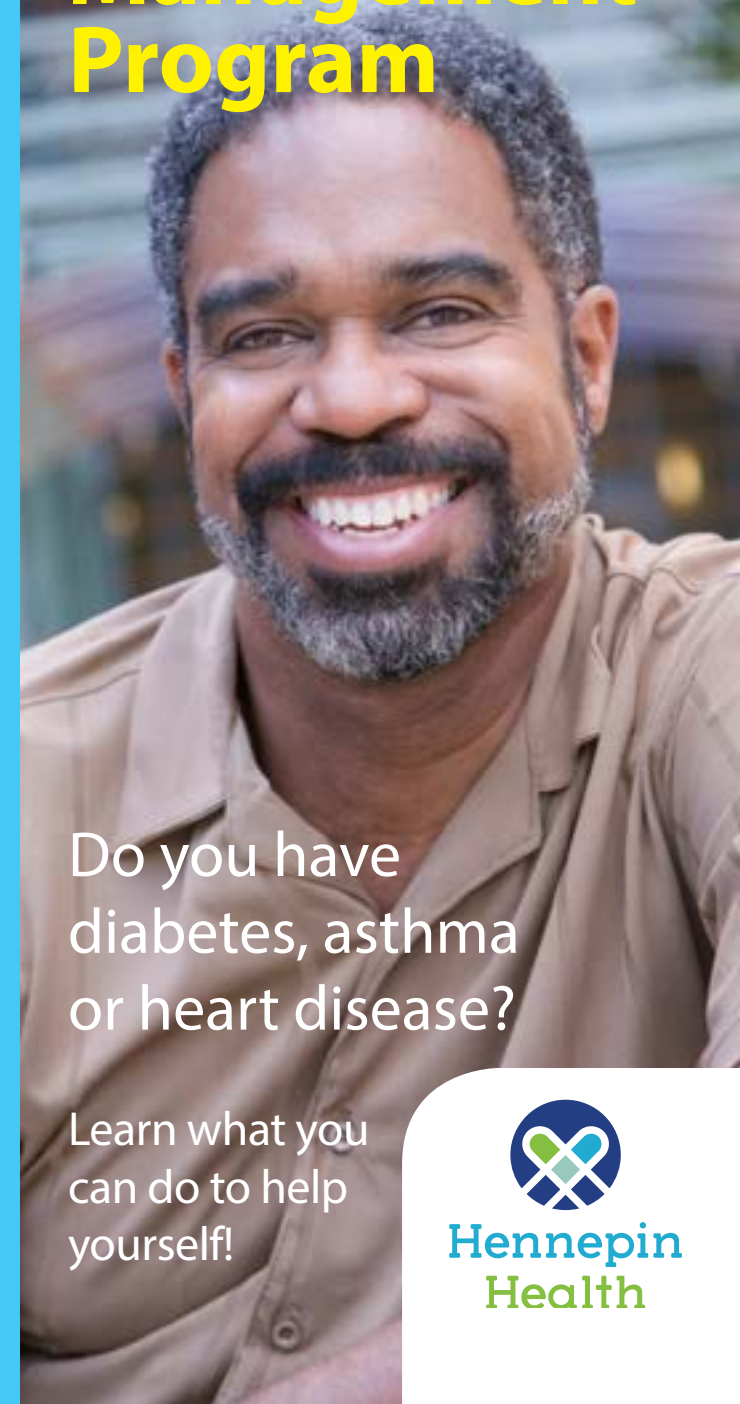
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For more information about Hennepin Health's Disease Management Program, call 612-596-1036.



# Disease Management Program



Do you have diabetes, asthma or heart disease?

Learn what you can do to help yourself!



# Don't Let Your Illness Manage You!



Do you have a chronic illness, but aren't sure how to manage it? When you have a medical condition that requires ongoing treatment such as diabetes, heart disease or asthma, you may need a little extra help.

Hennepin Health offers three disease management programs that are designed to help you manage your condition more easily, as well as improve your overall health.

Members who qualify and choose to participate in these programs may have access to:

- In-person care coordination services
- Phone-based assistance from nurses who specialize in disease management
- Educational mailings



Members also can learn how to:

- Recognize triggers and early symptoms
- Identify risk factors, and how to reduce and/or avoid them
- Follow a treatment or management plan

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