



**Chronic Disease
Management**

Elevate your healthcare experience

Navigating the healthcare system can be complicated and frustrating. With Personify Health, you're not on your own. Your Personal Health Advocates are trained on your health benefits package and are ready to help you understand your benefits, out-of-pocket costs and more.

Your Personify Health benefits package also includes several clinical programs to help you and your family live your healthiest life:

- Disease Management**
- Case Management
- Nurturing Together
- Cancer Awareness

Chronic Disease Management

Taking charge of your health

Our team of clinicians specializes in helping you improve your overall health. We'll work with you to identify gaps in your care and offer advice on how to make positive changes. From reminding you about important screenings, labs, and medications, to providing a quarterly newsletter full of helpful exercise and nutrition tips, we're committed to supporting your wellbeing every step of the way.

Have questions or want to learn more? Contact us at CareManagement@PersonifyHealth.com