

## **Hometown Health Insurance Plan Users Can Access Great Resources for Free**

Living life fully can be difficult in the face of chronic health conditions. Health Management Services, a part of Renown Health, helps people facing health challenges lead healthier lives. Our professional team partners with primary care physicians to provide specialized programming to meet each individual's condition management needs. To take advantage of these programs, participants may refer themselves or be referred by their physician. An evaluation of specific conditions, education and, when necessary, a disease management plan will be tailored to meet each individual's needs.

### **Diabetes Programs**

- Diabetes Clinic (physician managed)
- Type 1: Self-Management Program
- Type 2: Self-Management Program (physician managed upon request)
- Type 2: Survival Skills Training
- Gestational Diabetes Training

### **Lung Programs**

- Asthma Clinics (physician managed)
- Quit Tobacco Program
- Pulmonary Rehabilitation
- Pediatric Lung Function Testing

### **Heart Programs**

- Programs for those with heart conditions (Women's heart program is \$40)

### **Nutrition/Weight Management**

- Nutrition Counseling (non-diabetes)
- Weight Management Program

Our wellness staff is available to help determine the most beneficial programs for any individual looking -to improve overall health and well-being. To learn more, call Health Management Services at 775-982-5073.