

Help to reach your health care goals



ACHS Clinical Care Coordinator partners with your primary care provider and specialty providers to help you meet your health care goals

If you have multiple chronic conditions such as Diabetes, Hypertension, High Cholesterol, COPD or other serious health concerns. ACHS' Clinical Care Coordinator (CCC) can help you better manage your condition.

With the help of our CCC, you'll meet your health care goals sooner and feel better faster. The goal is to:

- **Better understand your illness**
- **Combine your health care needs under one umbrella, for a better outcome**
- **Help avoid an Emergency Room visit**
- **Manage your medications**

The CCC is your health care partner. She'll take your complex health issues and help you streamline them into an easy-to-understand plan you and your family can follow. Get well soon at ACHS.

Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of quality, affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health. ACHS serves 26 towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. We provide comprehensive services, regardless of one's ability to pay, to nearly 10,000 patients.

ACHS receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

Ammonoosuc Community Health Services, Inc.
25 Mount Eustis Road, Littleton, NH 03561
603.444.2464 • www.ammonoosuc.org
New Patient hotline at 1.866.201.5076



ACHS Services



Chronic Care Management

.....
*Help with your
ongoing health concerns*

Diabetes, Asthma, Heart Disease and more...



**Ammonoosuc
Community Health Services, Inc.**

Helping you thrive with a chronic condition

Our goal is to help you better manage your chronic condition - so you'll stay healthier

ACHS want's you to be well and stay healthy. That can be tricky when you have a long-lasting, persistent condition such as Diabetes, COPD, High Cholesterol or other chronic illnesses. These health conditions can be complex, challenging to understand and difficult to manage. That's why ACHS has a Clinical Care Coordinator (CCC) to assist you with managing your chronic illness.

We can help!

At ACHS, the CCC is a registered nurse specially trained in chronic illness management. They'll take the time to understand your specific concerns and help you to identify individual goals for your wellness plan. Working together will help make it easier to achieve your best overall health.

The CCC will work with you individually to help you manage your:

- Diabetes
- Hypertension
- High Cholesterol
- Asthma
- COPD
- Congestive Heart Failure

Studies show that by meeting and working with a Clinical Care Coordinator you are more likely to have improved long-term health care results. You'll be less likely to have an Emergency Room visit and if you do, you may recover faster.



ACHS Clinical Care Coordinator can help you...

- **Fully understand your illness**
Our CCC will fully explain your chronic condition and help you better understand how to manage it. They'll answer your questions and partner with you to set health care goals that are right for you.
- **Better manage your medication**
The CCC will review your prescriptions and dosage. They'll evaluate the risk of drug interaction and refer you to our clinical pharmacist if necessary to ensure you're getting the proper medications for your chronic condition.

- **Achieve your best health**
Your CCC is your personal health partner, working with you to set goals and stay on track. We'll listen and help.
- **Help you avoid the ER**
Having a health care partner looking out for you and your well being can help you avoid some of the things that may make you at risk for an Emergency Room visit or a hospital stay.
- **Help you transition from a hospital stay**
If your chronic condition does land you in the hospital, our CCC will work with you as you transition your care to home.

Get Started on the road to better health TODAY!

Clinical Care Services are covered by Medicare, Medicaid, Many Insurances and Sliding Fee Payment Scale for those who are eligible.

Speak to your provider to learn more about Chronic Care Management!

VISIT: AMMONOOSUC.ORG