



# Chronic Disease Care Plan



Chronic Disease Management Program is a system of coordinated healthcare interventions and communications for members with chronic conditions in which patient self-care efforts are significant.

Good management and control of chronic diseases can minimize the serious complications of the disease.

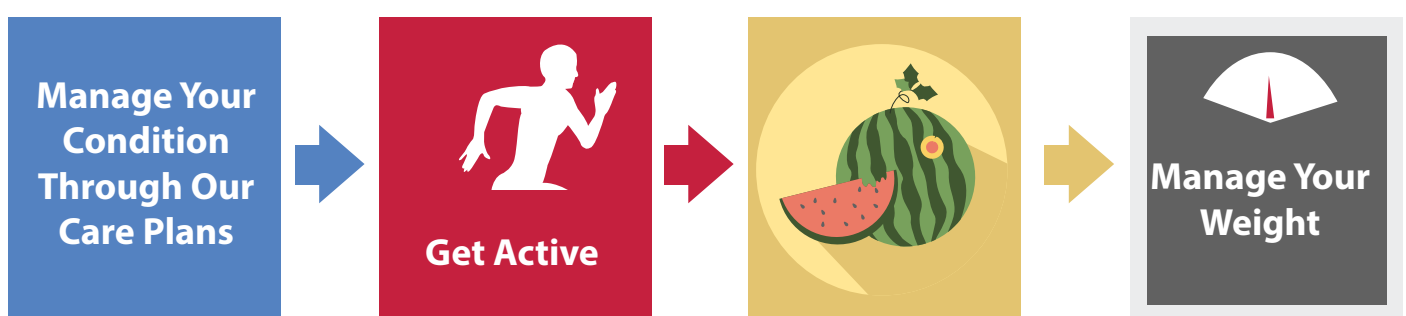
While there is no cure, we do know that maintaining healthy lifestyle habits, having regular check-ups, and using medicines when necessary can help manage and control many of the effects of chronic diseases.

UAP has developed a written Care Plan together with our specialists and nurses to ensure you receive your medication, self-management skills and any other health checks that you require which will help you monitor your symptoms and manage your condition.

The program focuses on three main Chronic Diseases:

1. Hypertension – Health Heart Programme
2. Diabetes
3. HIV

All you need to do is:



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# Healthy **Heart** Programmes

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If you have high blood pressure you can join Healthy Heart Chronic Disease Management Programmes for improved health. We have developed a Care Plan that includes;



1. Doctor's Review - 3 monthly. This will cover general medical examination, lab tests reviews, eye checkup, lifestyle review (smoking / drinking and other habits) feet checkup among others.
2. Nutritionists Review – Annually. This will cover diet for hypertensive patients and exercise review.
3. Nurse – Monthly health coaching and guidance on management of hypertension.
4. Heart Pharmacy – Annual registration and monthly delivery hypertensive medication with access to free BP and blood sugar checkups. Antihypertensive medication at discounted costs to manage benefits.
5. Laboratory Review – Annual Tests including Lipid profile, Creatinine, Urinalysis, HBA1C, and AST, ALT, GGT



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## Diabetes Programmes

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If you have diabetes you can join the Diabetes Chronic Disease Management Programmes for improved health. The diabetes care plan will include;

1. Diabetic Doctor's Review - 3 monthly. This will cover general medical examination, lab tests reviews, eye checkup, lifestyle review (smoking /drinking and other habits) feet checkup among others
2. Diabetic Nutritionists Review – Annually. This will cover diabetic diet and exercise review.
3. Diabetic Nurse – Monthly health coaching on diabetes.
4. Diabetic Pharmacy – Monthly delivery of diabetic medication with access to free blood sugar checkups. Diabetic medication at discounted costs to manage benefits
5. Laboratory Review – Annual HBA1C, urine microalbumin, creatinine, lipid profile, urinalysis and monthly blood sugar.



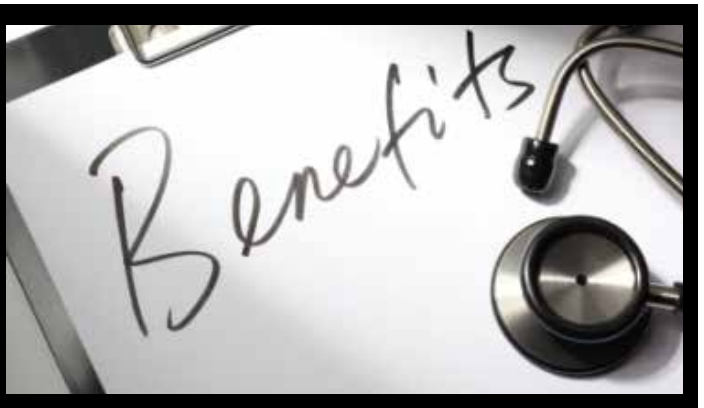
# HIV Programmes

HIV and AIDS can be a sensitive matter, whether one has the condition or not. Our skilled and professional consultants respect your right to privacy and will help you get access to clinically sound and cost-effective treatment for your individual case.

We will always deal with each case with complete confidentiality. Our care plan will include:

1. Confidential Specialist review including general medical examination, psychological support and counselling, lab tests reviews, lifestyle review (smoking /drinking and other habits) among others.
2. Nutritional review annually on healthy diet, drug and food interactions and exercise.
3. Monthly health coaching by nurse
4. Provision of monthly Anti-retroviral medication at a reduced cost including free delivery of medication
5. Information on supportive medication
6. Laboratory Review - CD4 Test every quarter and Viral Load twice a year. Annually Haemogram, Liver Profile, Creatinine.

## What You Get



- Care Plans for Healthy Heart, Diabetes and HIV Programmes
- Medication at reduced cost and at annual standard costs
- Access to Health Information and relevant alerts
- Health Coaching
- Comprehensive monitoring of progress
- Free delivery of medication
- Free Glucometer for blood sugar check
- Free Nutritionist consultation
- 5% discount on premiums for members on our retail covers
- Discount from our partners providing healthy foods

## Getting Started

Write to: [wellness@uap-group.com](mailto:wellness@uap-group.com) to receive registration forms