

## Classes & Screenings

**Chronic Disease Management Screenings** are offered monthly in HCMC Classrooms 2 and 3 for members of the Chronic Disease Management Program.

**Living Well with Chronic Conditions** is a two-hour per week, six-week workshop offered free of charge. This course is designed to help patients and family members better manage their chronic conditions.

**Take Charge of Your Diabetes** is a two-hour per week, six-week workshop offered free of charge to help patients and family members better manage their diabetes and “take control” of their disease.

**Shopping Smart** is offered on an as-needed basis for groups to discuss smart food choices and how to read food labels. Classes take place at a local grocery store.

**8-5-2-1-0 Every Day! Summer Programs** are offered for children entering the first through the sixth grade. Education and activities teach and reinforce healthy behaviors to encourage lifelong healthy habits.

**Pharmacy Brown Bag Events** are held throughout the year at multiple sites. These events allow participants to bring their medication and questions for review with a pharmacist.

**Drumfit** is a health initiative that encourages children to find fun in exercise to promote healthier, fit families. It is a high-energy exercise routine featuring yoga balls, drum sticks, and music.

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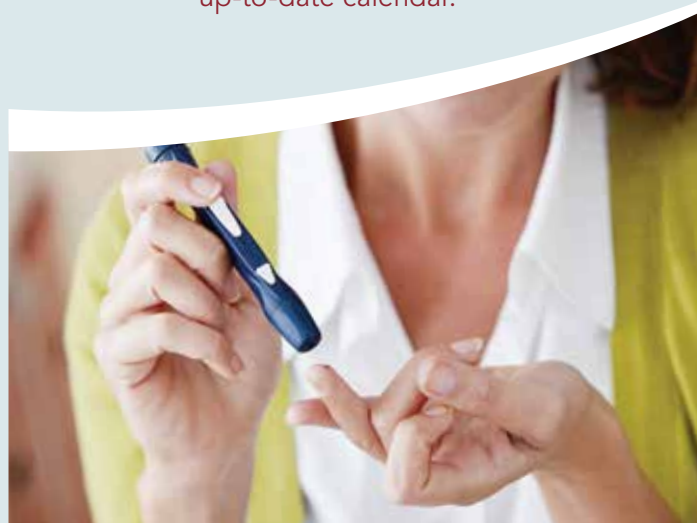
**Prevent T2** is a yearlong program with weekly meetings for six months followed by meetings once or twice a month working with a trained lifestyle coach on skills to prevent type 2 diabetes.

**Cardiac Rehab Nutrition Class** is offered at HCMC and provides nutritional education specific to heart failure and heart disease.

**Freedom from Smoking** is a 90-minute, eight-session workshop offered to help participants kick the habit of smoking. This is an American Lung Association Program.

**Better Breathers Club (BBC)** is a support group for people with lung disease. It is a community-based program that helps provide disease-specific education and support to help reduce exacerbations and increase quality of life. The BBC meets monthly at HCMC.

For questions regarding dates, times and program participation, call **731-644-8215** or **731-644-3463**, or log on to **www.hcmc-tn.org** to view our up-to-date calendar.



PARIS AND HENRY COUNTY  
HEALTHCARE FOUNDATION

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It is the policy of Henry County Medical Center and its affiliates to treat all patients and not to discriminate with regard to race, color, religion, national origin, age, sex, sexual orientation, gender identity or expression, or disability.

[www.growwelltn.org](http://www.growwelltn.org)  
[www.hcmc-tn.org](http://www.hcmc-tn.org)

# Delta Rural Health Initiative

Paris and Henry County  
Healthcare Foundation, Inc.

*A link to chronic disease management  
in West Tennessee*



PARIS AND HENRY COUNTY  
HEALTHCARE FOUNDATION

 GrowWell



The chronic disease manager will help develop a customized plan based on each individual's needs. Case management will focus on:

- Understanding chronic diseases
- Nutrition education
- Stress management
- Recognizing depression
- Physical activity plans
- Medication management
- Stroke prevention
- Blood pressure management
- Diabetes management
- Goal setting

## Care Navigation

If you have a chronic health condition, it can be harder to recover after leaving the hospital. The HCMC Care Navigator is dedicated to helping you make that transition back home through patient follow-up phone calls and serving as a liaison between you and your provider and healthcare team.

The Care Navigator can also be called to discuss your medical condition. After 30 days, you can sign up for the Chronic Disease Management Program.

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Are you interested in becoming a member of the Chronic Disease Management Program? Call us today at **731-644-8215** for more information.

Patients will receive a free health screening quarterly to include height, weight, blood pressure, glucose, A1C, BMI, and blood cholesterol.

## Pharmacy Assistance

The **Pharmacy Assistance Program** allows patients to obtain medication at a reduced cost or for no cost at all. The community health specialist provides assistance to patients with their medication needs to ensure that patients are following the guidelines prescribed by primary care providers.

## Chronic Care Management

Several programs are available to all West Tennesseans who need help managing their chronic diseases. Hardeman County Community Health Center is a federally-qualified health center partnered with GrowWell, our healthcare resource site for

all ages, to provide coordination of health services and education about managing chronic conditions, specifically diabetes.

These services usually take place while visiting the clinic to see your healthcare provider. A wide range of assistance is available at no additional cost including:

- Coordination of services to help get patients to the right doctors or specialists
- Education to help improve the health of adults with diabetes, heart disease, high blood pressure or any other chronic conditions
- Assistance with being able to afford medications and education to understand the medications prescribed by the doctor
- Health counseling available in Hardeman, Henderson and Stanton Health Centers
- A variety of group education and cooking classes are also held regularly

## Access to Care

The Delta Rural Health Initiative is a collaborative effort of multiple organizations located in West Tennessee. The services offered through the network are comprehensive in design and focus on heart disease, stroke, diabetes, cancer, hypertension and obesity, as well as the risk factors associated with these diseases.

## Chronic Disease Case Management

The Chronic Disease Management Program through the Paris and Henry County Healthcare Foundation assists chronic disease patients with individualized services that can include health education, screenings, physical fitness programs and prescription assistance.

