

◇ So what do people in the program think? ◇

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“I am so thankful for the DE program! Thank you for teaching the importance of portion control and exercise. I’ve already lost 10 pounds and have been able to discontinue five of my medications!”

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“Thank you for your program. Through your encouragement to see a dietician, my blood sugars have gone from the 300’s to 132!”

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“Since participating in the DE program, my whole family is monitoring their cholesterol and fat intake.”

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“It is so nice to go to my doctor quarterly now instead of every other week! Thanks Delta Disease!”

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“I am so glad you continued to try and contact me instead of giving up!”

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“I really appreciate being followed. I had never taken my disease seriously before participating in the DE program. I appreciate the educational materials and the follow-up with the nurse.”

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“The nurse educator and the DE program have made a difference in my life. My doctor has now been able to discontinue my blood pressure medicine and my blood pressure is now normal. I am exercising four times a week, I’ve lost weight and feel better than ever. You have made a difference in my life!”

Visit Us Online Today  
For More Information

[www.IndCareMgmt.com](http://www.IndCareMgmt.com)



"Exceeding Your Expectations"

Individualized Care Management, Inc.  
PO Box 6298  
Lafayette, IN 47903

800.380.0426

What Is  
Disease  
Education?



Empowering Patients  
Through Education!

Brought to you by:

Individualized  
Care  
Management

## What is Disease Education?

Where are people losing out when it comes to the effectiveness and value of the health care dollar?

Nearly half of all adults in the United States are under-informed and under-involved in their own health and end up spending large amounts of money and time on often unnecessary or preventable expenditures.

What if you had a clinical team, a nurse familiar with the latest medical treatment plans, only a phone call away? You do!



Delta Disease Education offers Educational Programs for patients with specific chronic diseases.

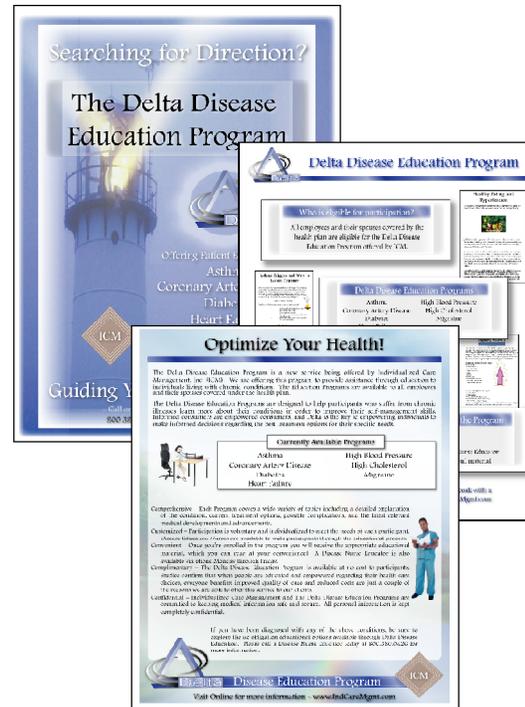
Chronic disease is growing at a rapid pace. The key to managing these conditions and taking back control of your life is through education. What should you be doing to control your asthma, arthritis, cholesterol, COPD, diabetes, GERD, migraine...the list of chronic conditions that Americans are being diagnosed with is growing, but we are here to help YOU!

Working with your physician, we work to help you take control of your chronic condition. Our intervention level depends on YOUR need. It can range from simply receiving valuable educational material for those who are “on the bubble” to complete educational modules and working one-on-one with a nurse educator.



# Delta Disease Education

“I haven’t felt this good in 20 years. The changes I have made are part of my life now.”



A Confidential & Voluntary Program

Educational Programs are continually being added and updated. We offer education for many diseases - call or check online for up-to-date listings!

The best benefit design in the world won't help if you don't stick to your treatment

**Educating  
Individuals With  
Chronic Conditions  
for Maximized  
Health Benefits**

plan. A whopping 32 percent of patients report they haven't filled prescriptions they didn't think were necessary.

Our Disease Education clinical staff is here to work with you to help you understand why you need to take your medications and follow your prescribed diet and exercise regimens... what you can do to proactively improve your life... where you can find the most current information... and how you can implement these changes into your daily routine.

One of the most powerful tools that you have when it comes to your health is education.

