



*CirrusMD is available to all part time Michaels team members ages 18 and older and their immediate family members. An immediate family member is defined as your spouse/partner and/or dependents under 26 years old.*

# Managing and Preventing Chronic Conditions



## NEED HELP WITH A CHRONIC CONDITION? CHAT WITH A CIRRUSMD DOCTOR NOW.

With CirrusMD, you can chat with a physician anytime you need care or have a question about your health – 24/7/365. In less than a minute, you're connected with a doctor who is ready to help, even when you need help managing a chronic condition, like diabetes or high blood pressure, or with long-term health goals like weight management.

### HEALTH COACHING

Your healthcare is personal. That's why CirrusMD's expert health coaches offer personal support to every eligible member as part of our care model – no extra fees, just part of our ongoing promise to support your health.

CirrusMD health coaches work with our doctors to support your personalized care plan. They help you stay focused on your goals. They'll partner with you to help achieve the best health outcomes while offering guidance and assistance on your care journey. And if more support is needed, they'll help guide you to other resources that are available to you.

### DIABETES

Let CirrusMD help as you manage your diabetes. Our doctors specialize in diabetes management, so they can provide every person with a customized treatment plan that's adjusted based on your current needs, health data, and personal specifics, like medications and lab results. They can even provide referrals to specialists if needed.

Health coaches are there to help you stay on track with your personal care plan, as directed by your doctor. They'll help you stride toward your goals with

confidence and consistency, as part of the integrated team helping you manage your condition and make improvements to your health.

### HYPERTENSION (HIGH BLOOD PRESSURE)

People with hypertension (also known as high blood pressure) need ongoing support, so our physician-led team develops custom care plans for each patient's needs, including regular physician visits, medication prescriptions, lab test ordering, and results review.

Health coaches are there to help you stay on track with your personal care plan, as directed by your doctor. This dedicated team provides support for you on an ongoing basis.

### WEIGHT MANAGEMENT

CirrusMD offers weight management programs designed with your health and goals in mind. Our board-certified doctors create personalized care plans developed by specialists, to help find the best treatment or medication options for you.

Your CirrusMD care team is made up of experienced physicians and health coaches who schedule regular visits to help monitor your progress and make adjustments as needed. The team provides medication management and care guidance to help you achieve and maintain a healthy weight.

**Chat with a  
Doctor today!**

Or chat with us at  
[my.cirrusmd.com](https://my.cirrusmd.com)

