



Delivering health care services to people living with a chronic health condition, within your home and your community

Do you have any of these conditions?

- **Circulatory and Heart Disease** (cardiovascular disease)
- **Chronic Lung Disease** (Including COPD and Asthma)
- **Musculoskeletal Disorders** (including osteoporosis; osteoarthritis)
- **Diabetes** (including gestational; pre-diabetes condition)

Do you want to be more in control and manage your condition at home?

Primary Health Tasmania has commissioned Corumbene Rural Primary Health to deliver services that improve the health outcomes for people with chronic conditions in the local government areas:

- **Southern Midlands**
- **Central Highlands**
- **Derwent Valley**

A team approach to Care Coordination

We can work with you, your GP practice and other health services to ensure you receive the best possible support. We offer a range of Allied Health services and gentle exercise classes catering for all levels.

Classes run for 6-10 weeks depending on the program and individual appointments are also available.

Connect Care Telemonitoring

We can provide equipment to remotely monitor your health signs such as blood pressure, weight, temperature, blood sugar levels and lung function.

Our Registered Nurses will be able to see your readings and contact you via telephone or video conferencing to provide clinical support and help improve your health

How can this program help you?

The Rural Primary Health Program is designed to help you:

- Better manage your health condition
- Set realistic SMART goals to improve your quality of life
- Better navigate the health care system to access services
- Prevent or reduce complications arising from your condition

We aim to:-

- Improve clients overall health and wellbeing
- Reduce the number of emergency presentations
- Reduce the number and duration of hospital admissions
- Strengthen local service provider networks

Our goal is to keep you independent in your own home and local community as long as possible

There is NO age restriction

**Fully
Funded
Government
Program**