



Disease Management Centered Around You

Discover a better healthcare experience with Paladina Health.

According to the Centers for Disease Control (CDC), six in ten adults in the US have a chronic disease and four in ten adults have two or more. Paladina Health is here to help you manage your health symptoms with an integrated approach, which includes screenings, check-ups, monitoring and coordinating treatment, and patient education.



Diabetes

Work with your Paladina Health provider to create a successful treatment plan customized to you through onsite blood testing, medications based on your unique needs and support to help you every step of the way through dietary and exercise changes.



High Blood Pressure & Cholesterol

Collaboration is key, and your Paladina Health provider is here to help. Regular check-ups, including onsite testing, along with healthy lifestyle treatment plans, can help you improve your blood pressure and cholesterol levels. Simple lifestyle change can help reduce your numbers, although some people may need to take medicine as well. Your provider will help you find the medicine that is the best for you.

Paladina Health is here to help you manage your chronic conditions with:

- Onsite pharmacy and labs that saves you time and money.
- Providers available via phone for after hours needs and same or next-day appointments for urgent needs.
- Total care coordination and condition management.

Ready to get started? Simply call the Paladina Health location nearest you. Or call Member Services at **(866) 808-6005**, option 3.

Prefer to make your appointment online? Visit our online patient portal at **my.paladinahealth.com** to schedule your appointment today!