

How to Connect with your Community Health Team

- Your health care provider may refer you during an office visit. Assistance will be provided in scheduling your first appointment.
- CHT may reach out to you via phone or letter upon recommendation of your provider.
- You can self-refer at any time. Simply call our main number and ask to be scheduled with the CHT professional of your choice.

CHT can also help you connect with:

- Tobacco Cessation Workshops
- Healthier Living Workshops
- Community services, resources and programs that complement your healthcare and financial needs.

Your Community Health Team wants to help you achieve the best possible health outcomes for you. If you have or are at risk for chronic illness or disease, or if you want to know more about prevention and self-care—the CHT is ready to provide you with:

- Nutrition and exercise advice and coaching
- Diabetes education
- Behavioral/mental health support
- Health goal-setting and action-planning



Introducing the Community Health Team at Your Patient-Centered Medical Home



The Community Health Team (CHT) is a group of health care professionals who support and extend the care you receive from your primary care doctor's office.

YOUR CHT REGISTERED DIETITIAN CAN HELP YOU:

- * Find a way to lose weight in a way that works well for you
- * Develop a way of eating that is simple and still controls your blood sugar
- * Identify foods and recipes that help reduce your risk of heart disease, diabetes, high blood pressure and obesity
- * Understand how diet and nutrition contribute to your health and well being

YOUR CHT BEHAVIORAL HEALTH PROFESSIONAL CAN HELP YOU:

- * Identify barriers to better health and healthcare services
- * Manage symptoms of anxiety and depression
- * Develop skills to cope with stress, change, loss or bereavement
- * Achieve successful behavior change in weight loss, exercise, smoking cessation and substance use

YOUR CHT CARE COORDINATOR CAN HELP YOU:

- * Stay on track with appointments, referrals, lab tests and follow-ups
- * Get answers to questions about your medications
- * Navigate transitions in care settings (hospital, rehabilitation center, long-term care facility)
- * Keep communication flowing among all providers involved in your healthcare

CHT SERVICES ARE:

- Offered free of charge - no co-pay, no bill, no matter what type of medical insurance you have
- Delivered in the familiar setting of your regular healthcare provider's office, by appointment
- Funded by Vermont insurers, including Medicare and Medicaid, as part of Vermont's Blueprint for Health

CHT PROFESSIONALS DO:

- Communicate regularly with your medical care providers, and with other members of the Team
- Maintain the same standards of confidentiality and protection of your privacy as the rest of your primary care providers
- Work together to give you the tools, information and support you need to be as healthy as you can be

Information about the individuals who serve on your Community Health Team is available upon request at the Front Desk.