

On Behalf of
Steve Breaux
Demo
1234 Summer Street, 6th FL
Stamford , CT 06905

290 Harbor Drive
Stamford, CT 06902

CHELSEA PRUETT
960 STERLING PLACE APARTMENT 6A
BROOKLYN , NY 11213

October 27, 2017

Dear Chelsea Pruett ,

Welcome to Dr. Steve Breaux 's Personalized Care Management program!

We are happy you have decided to enroll in this invite-only program for continued health.

As Dr. Steve Breaux mentioned, this program is an important part of better self-management of your health. By participating, you benefit in a number ways:

- Regular calls to check-in on behalf of Dr. Steve Breaux , so (s)he can help keep you healthy between visits
- Avoid the inconvenience of frequent office visits and co-pays by using this program's remote care
- All of the information gathered will be available to your doctor and will allow them to see how you are doing even when you are not in their office
- Help you take better care of yourself by staying connected to your care team and doctor

Enclosed please find a copy of your personalized care plan. Please take a few minutes to review the care plan and call us if you have any questions. You can leave a message for your care team 24/7 at the following number:

(888) 729-4045

Thanks so much. We are eager to have you benefit from this worthwhile program!

Best,

Linda Warshavsky

Care Plan

Approved on 08/10/2017 at 10:11 AM EDT by Steve Breaux

Chelsea Pruett
Steve Breaux

555-123-4568
222-222-2222

Oct 27, 2017
CircleLink Health

We Are Managing

Asthma	COPD
Diabetes	High Cholesterol
Hypertension	

Your Health Goals

Regulate Blood Sugar	to 120 mg/dL	from N/A mg/dL
Regulate Blood Pressure	to 130/80 mm Hg	from N/A mm Hg
Regulate Weight	to TBD lbs	from N/A lbs

Medications

Monitoring these Medications

Blood Pressure Meds
Cholesterol Meds
Blood Thinners (Plavix, Aspirin)
Oral Diabetes Meds
Insulin or other Injectables

Taking these Medications

Aspirin
- 80 mg qd
Atorvastatin
- 10 mg qd hs
Bydureon
- 1 injection q 7 days
Cozaar
- 25 mg bid - updated 9/12/17 by CJP, LPN
Metformin
- 500 mg qd - d/c'd on 9/1/17 CJP, LPN

Watch out for:

Shortness of breath	Coughing/wheezing
Chest pain/tightness	Fatigue
Weakness/dizziness	Swelling in legs/feet
Feeling down/sleep changes	Sweating
Palpitations	Anxiety

We Are Informing You About

Low Salt Diet
Exercise

Diabetic Diet

Check In Plan

Your care team will check in with you at 555-123-4568 periodically.

Follow these Instructions:

For Asthma:

- Avoid tobacco smoke—including secondhand smoke— it is unhealthy for everyone, especially people with asthma and/or COPD.
- Limit exposure to common allergens (dust mites, pollen, mold and animal dander) and protect yourself against pollution.
- Keep active to build up strength.
- Build your strength even when you are sitting, by using small weights or rubber tubing to make your arms and shoulders stronger, standing up and sit down, or holding your legs straight out in front of you, then put them down. Repeat these movements several times.
- Know how and when to take your COPD drugs.
- Know the difference between your maintenance vs. rescue medications. If you need help with this, our nurses can assist you.
- Take your quick-relief inhaler when you feel short of breath and need help fast.
- Take your long-term inhaler every day.
- Eat smaller meals more often -- 6 smaller meals a day. It might be easier to breathe when your stomach is not full.

For COPD:

- Avoid tobacco smoke—including secondhand smoke— it is unhealthy for everyone, especially people with asthma and/or COPD.
- Limit exposure to common allergens (dust mites, pollen, mold and animal dander) and protect yourself against pollution.
- Keep active to build up strength.
- Build your strength even when you are sitting, by using small weights or rubber tubing to make your arms and shoulders stronger, standing up and sit down, or holding your legs straight out in front of you, then put them down. Repeat these

movements several times.

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For Diabetes:

- Measure your Blood Sugar daily as agreed
- Take your medications
- Have a yearly eye exam
- Check your feet regularly for dryness, cracking, calluses and sores
- Keep all your appointments
- Get all tests as recommended

For High Cholesterol:

- Take your cholesterol meds as directed.

For Hypertension:

- Learn to take your own blood pressure.
- Take your blood pressure medication exactly as directed. Do not skip doses. Missing doses can cause your blood pressure to get out of control.
- Avoid medications that contain heart stimulants, including over-the-counter drugs. Check for warnings about high blood pressure on the label.
- Check with your provider before taking a decongestant. Some decongestants can worsen high blood pressure.
- Cut back on salt.
- Follow the DASH (Dietary Approaches to Stop Hypertension) eating plan. This plan recommends vegetables, fruits, whole grains, and other heart healthy foods.
- Begin an exercise program. Ask your provider how to get started. The American Heart Association recommends aerobic exercise 3 to 4 times a week for an average of 40 minutes at a time, with provider approval.

Full Conditions List:

No instructions at this time

Other information

Allergies:

LATEX
PCN
SULFA

Social Services:

No instructions at this time

Care Team:

Billing Provider: Steve Breaux
External: Jill Karato

Appointments

Past:

- q 6 mo check up, **(Cardiology)** on 2017-09-21 at 12:00 PM EDT with **Jill Karato** ;

Other Notes:

No instructions at this time