Do you need help at home managing your chronic illness?

If the answer is "yes", a Health Coach may be the answer for you.

Home-based Help With Health
If you:

- are 65 years of age or older,
- reside in rural areas of Oconee, Pickens, or Anderson Counties
- and have diabetes, heart disease, or congestive heart failure,

Then you are eligible to receive the services of a Health Coach at no charge.

Health Coaches are members of your community who have been trained to help you learn to manage your chronic condition.

Please let your healthcare provider know if you are interested in getting help from a Health Coach, and they will make arrangements.