

Health is wealth - *invest in yourself.*



### Managing Multiple Chronic Conditions with ACHS

If you have chronic conditions such as Diabetes, Hypertension, High Cholesterol, COPD, or other serious health concerns, ACHS's Clinical Care Coordinator (CCC) is here to support you.

Our CCC can help you manage your conditions effectively, ensuring you reach your health care goals more quickly and feel better sooner.

#### Here's how we can assist you:

- **Understand Your Illness:** Gain a clearer understanding of your health conditions.
- **Integrated Care:** Combine all your health care needs under one coordinated plan for better outcomes.
- **Emergency Room Avoidance:** Reduce the need for emergency visits by managing your health proactively.
- **Medication Management:** Get assistance with organizing and understanding your medications.

The CCC is your dedicated health care partner, simplifying complex health issues into an easy-to-follow plan for you and your family. Begin your journey to better health with ACHS today.

## ACHS Locations

WEBSITE: [Ammonoosuc.org](http://Ammonoosuc.org)



#### FRANCONIA

1095 Profile Rd. Suite B.  
Franconia, NH 03580  
Phone: 603-823-7078



#### LITTLETON

25 Mt. Eustis Road,  
Littleton, NH 03561  
Phone: 603-444-2464



#### WARREN

Route 25, Main Street  
Warren, NH 03279  
Phone: 603-764-5704



#### WHITEFIELD

14 King Square  
Whitefield, NH 03598  
Phone: 603-837-2333



#### WOODSVILLE

79 Swiftwater Road  
Woodsville, NH 03785  
Phone: 603-747-3740

QUESTIONS, CONCERNS: [info@achs-inc.org](mailto:info@achs-inc.org)



*Founded in 1975, ACHS is a non-profit Federally Qualified Community Health Center with six sites in Northern New Hampshire. With funding from national, state and local sources we deliver high-quality, affordable health care to nearly 10,000 patients in over 26 area towns and are committed to providing integrated health - Medical, Dental, Behavioral - for the entire family. We serve ALL - and no one is ever turned away for inability to pay.*

*This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.*



QUALITY, AFFORDABLE  
HEALTHCARE FOR ALL!

# Chronic Care Management



**Ammonoosuc Community Health Services, Inc.**  
25 Mount Eustis Road  
Littleton, NH 03561  
603-444-2464  
[Ammonoosuc.org](http://Ammonoosuc.org)



### Stay Healthy with ACHS: Your Partner in Chronic Condition Management

At ACHS, your well-being is our top priority. Managing chronic conditions like Diabetes, COPD, High Cholesterol, and other persistent illnesses can be challenging, but you don't have to do it alone. Our Clinical Care Coordinator (CCC) is here to help you take control of your health.

### Personalized Support for Better Health

Our CCC is a registered nurse with specialized training in chronic illness management. They will take the time to understand your specific concerns and work with you to create a personalized wellness plan. By collaborating with our CCC, you'll find it easier to achieve and maintain your best health.

### Conditions We Manage

- **Diabetes:** Learn to manage your blood sugar levels and reduce complications.
- **Hypertension:** Control your blood pressure to prevent heart disease and stroke.
- **High Cholesterol:** Implement lifestyle changes and medications to keep your cholesterol in check.
- **Asthma:** Develop strategies to control asthma and reduce flare-ups.
- **COPD:** Manage symptoms and improve your quality of life with tailored care.
- **Congestive Heart Failure:** Receive support to strengthen your heart health & reduce hospital visits.



- 1. PRIMARY & SPECIALTY CARE PROVIDERS**  
Dentist, Oncologist, Caridologist, Nephrologist, etc.
- 2. SOCIAL ISSUES**  
Transportation concerns, Financial barriers, nutrition, family issues
- 3. LABS & TESTS**  
X-tays, blood test, etc.
- 4. URGENT CARE**  
Emergency room visits, hospital stays
- 5. PRESCRIPTIONS**  
Medication management, dosage & effectiveness

### How Our CCC Can Help You

**Understand Your Illness:** Get clear, detailed explanations about your chronic condition. Our CCC will answer all your questions and help you understand how to manage your illness effectively.

**Manage Your Medications:** We will review your prescriptions, ensure proper dosages, and minimize the risk of drug interactions. If needed, we'll refer you to our clinical pharmacist to optimize your medication regimen.

**Achieve Your Best Health:** Your CCC is your personal health partner, helping you set and reach achievable health goals. We'll listen to your needs and provide continuous support to keep you on track.

**Avoid Emergency Room Visits:** With proactive and preventive care, we help you stay out of the ER. Our CCC monitors your health closely, identifying and addressing issues before they escalate.

**Transition from Hospital Care:** If you're hospitalized, our CCC will assist you in transitioning smoothly from the hospital back to your home, ensuring continuity of care and reducing readmission risks.



### Start Your Journey to Better Health Today!

At ACHS, we believe in accessible care for all. Our Clinical Care Services are covered by Medicare, Medicaid, many insurances, and a sliding fee payment scale for those who qualify. Speak to your provider to learn more about Chronic Care Management and how we can support you.



Let's achieve your best health together, so you can focus on living a happy, fulfilling life.