



Collaborative Care Plans For Healthier Outcomes

Integrated health care is an approach characterized by a high degree of collaboration and communication among health professionals. What makes integrated health care unique is the sharing of information among team members related to patient care and the establishment of a comprehensive treatment plan to address the biological, psychological and social needs of the patient.

At HopeHealth, our goals include improving access and reducing barriers to care for our patients, increasing the availability of specialty care, and ensuring adherence to prescribed treatment plans. Integration helps achieve these goals by facilitating a patient's care and communication among his or her providers.

HopeHealth integrated behavioral health into primary care last year with the introduction of behavioral health counselors. These counselors, or behaviorists, are licensed social workers who meet with patients during primary care visits, when needed. They provide brief assessments, facilitate referrals, and identify any barriers to patients receiving care, such as housing,

transportation, and ability to afford prescriptions.

The availability of specialty care, such as chiropractic care, diabetes and nutrition services, and pain management allows providers and behaviorists to recommend additional treatment options. For instance, infectious disease providers may recommend chiropractic care to help alleviate medication side effects and improve wellness. Primary care providers may refer patients to substance abuse providers to treat opioid addiction, to the pain management team to address chronic pain disorders, or to the Diabetes and Nutrition Center to receive education on dietary changes that could improve health.



HopeHealth Celebrates American Pharmacists Month

October is American Pharmacists Month. HopeHealth partners with more than 30 pharmacies including small, independently-owned pharmacies, to national chains with hundreds of locations. Learn more about our partners online at <https://www.hope-health.org/services/pharmacy/> and help celebrate our pharmacy partners by getting to "Know Your Pharmacist, Know Your Medicine," the theme for this year's recognition.



October is Breast Cancer Awareness Month!

Helping those affected by breast cancer through early detection, education, and support services is at the core of observing Breast Cancer Awareness Month in October. Talk with your provider about your risks for developing the disease and appropriate screenings such as self breast exams and mammographies.