

Are you worried about your diagnosis of:

- **Chronic Kidney Disease**
- **COPD**
- **Diabetes**
- **Heart Failure**
- **Hypertension**

How do I enroll?

To enroll in the Community Virtual Care, Chronic Disease Program, call your local Community Access Centre at one of the numbers below:

South Island (250) 388-2273
Central Island (250) 739-5749
North Island (250) 331-8570

For more information:

islandhealth.ca/cvc

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Client Feedback

"This program was fantastic. I felt I had more control over my health issues. Every morning I used the equipment and it gave me an idea about how I should plan my day. The follow-up calls from the nurse were very reassuring and helped to reduce my anxiety. Thank you so much. I have already recommended this program to others."

"By completing a daily log, I could compare my results from week to week, see my improvement, and better understand how to manage my condition. The weekly follow-up calls were so helpful and provided lots of information and encouragement."

"My nurse was a positive influence on my day when she called, encouraging me to keep up monitoring my condition and taking advantage of the various chapters in the binder. She was so knowledgeable about COPD."



Community Virtual Care Chronic Disease Program

What is the Chronic Disease Program?

Community Virtual Care offers a free, chronic disease management program to help support and educate you to better manage your health.

If you have Chronic Kidney Disease, COPD, Diabetes, Heart Failure or Hypertension, a Registered Nurse will:

- work with you and your doctor or nurse practitioner to design a plan to manage your health
- monitor your symptoms and measurements and look for changes
- contact you regularly to make sure you are on track to meet your health goals
- send reports to your doctor or nurse practitioner as needed
- connect with you through video or telephone so that you receive support from the comfort of your home

Equipment to monitor your health will be loaned to you at no cost.

Participation

Daily Measurements

Each day you take your measurements (such as blood pressure, blood oxygen saturation, and pulse rate) using the equipment provided to you by the program.



Daily Questions

In addition to sending your measurements each day, you will answer a brief list of questions. These questions will help your care team provide support and coaching unique to your condition.

Check-ins

Once you have completed your measurements and questions for the day, the information will be sent to your care team. Your nurse will contact you at your scheduled appointment time, or sooner if needed.

FAQs

How much does it cost?

The program is free and equipment is loaned to you at no charge.

How long will I be on the program?

Participants in the Chronic Disease Management Program are usually enrolled for 12 weeks.

What if I'm not very good with computers?

The equipment provided is very easy to use - some say much easier than a cell phone - and we provide support to use it.

What if I don't have a doctor or nurse practitioner?

You don't have to have a doctor or nurse practitioner to participate in the program.

