

# Chronic Disease Awareness and Prevention

*These health problems are common, but with the right help, you can feel better and live a healthier life.*



## We Help You Manage

- **Diabetes** – A condition that affects your blood sugar
- **High Blood Pressure (Hypertension)** – When your blood pushes too hard against your blood vessels
- **Asthma** – A lung problem that makes it hard to breathe
- **Obesity** – Having too much body fat, which can lead to other health problems

## How We Help:

- Make a **personal health plan** just for you
- Teach you ways to **stay healthy**
- Connect you with **doctors and local resources**
- Give you tools to **take care of yourself**

For More Information:  
[TrilliumHealthResources.org](https://TrilliumHealthResources.org)  
Physical Health Prevention and  
Population Health Program



## Learn About and Prevent Chronic Illness

Trillium's Chronic Disease Program helps people stay healthy by finding and treating long-term health problems early. If you are part of Tailored Care Management, you can get extra help with:

- **Diabetes**
- **High Blood Pressure**
- **Asthma**
- **Obesity**

## Online Resources or Call: Member and Recipient Services 1-877-685-2415

- Chess App. 24/7 Peer Support
- Non Emergency Medical Transportation
- Trillium Advantage Resources
- Housing Program