

HEALTH MANAGEMENT



18th Medical Group
Building 626
Kadena AB

Hours of Operation
Monday - Friday
0730 - 1630

*Closed for Training the 3rd
Thursday of Each Month From
1200 - 1630*

[We are located in Family Health Clinic]



18th Medical Group
Attn: Health Management
Unit 5142
APO AP 96368-5142

Contacting Us



Capt Sadi Tuff , RN
Health Manager
DSN: 630-4064



Mr. Keith Robbins, RN
Health Manager
DSN: 630-5203

Team A

- * Dr. Cassleman
- * Dr. Gapinski
- * PA Colon

Team B

- * Dr. Middleton
- * NP Danley
- * PA Jarvis
- * PA Sharp

Team C

- * Dr. Caldwell
 - * PA Carter
 - * PA McDougal
 - * PA Tidd
- Internal Medicine
- * Dr. Lau

If calling from a cell phone dial the base switchboard number (098-938-1111) wait for a dial tone, then dial the DSN number.



MiCare also known as Relay Health allows you to communicate via secured e-mail with your health care team. Please visit any clinic in the 18th Medical Group to fill out an enrollment form.

Health Management

The purpose of health management is to improve the quality of life for individuals by preventing or minimizing the impact of a disease or chronic condition. This purpose is accomplished by activities such as implementing more standardized care and improving patients' ability to care for themselves. Health Management serves to:

- ◆ Reduce complications of chronic disease
- ◆ Slow disease progression
- ◆ Keep patients healthier
- ◆ Reduce overall health care costs

WHO IS THIS RECOMMENDED FOR?

Patients enrolled to Kadena Clinic diagnosed with:

- ◆ Prediabetes
- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ High Cholesterol

HOW DO I GET INTO THE PROGRAM?

- ◆ PCM referral - your provider can refer you by entering a referral
- ◆ Self-referral - you may contact us directly

"An ounce of prevention is worth a pound of cure."

Services Offered

WHAT CAN I EXPECT?

- ◆ Group class
 - ◆ 2-hr class led by a Registered Nurse and Registered Dietician that discusses the disease process, risk factors, complications and self-management skills for your diagnosed chronic condition
 - ◆ Class offerings are Monday at 1400-1600 and Tuesday at 0900-1100
- ◆ One-on-one teaching
 - ◆ We are here to service your needs by providing you the education and tools you need to manage your condition
- ◆ Setting health goals
 - ◆ You set your goals and identify barriers
 - ◆ We help you to overcome barriers and achieve your goals
- ◆ Follow-up
 - ◆ Monthly phone call or in person
 - ◆ Length of enrollment in the program is dependent upon members progress towards meeting health goals but typically averages 90 - 120 days



Additional Resources

For additional patient education resources:



Visit us on
Facebook

www.facebook.com/kadenahealth

For 18th Medical Group updates such as clinic closures and more please visit:

www.kadena.af.mil

Like us at: 'Kadena Medical Clinic'

Follow us at: '18mdg' on twitter



PLAN:

PROACTIVE

REACTIVE

