



**CARE**

# Starter Pack

Vol 1: 2020



## What is Cimas Care

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Cimas Care is an approach to healthcare that empowers you to better manage your chronic condition and to maintain and improve your quality of life, through learning how to avoid potential problems and exacerbation, or worsening of the chronic condition.



## How was I enrolled / who gets enrolled

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Any active member on any Cimas package who has been diagnosed with a chronic condition or whose drug pick up history indicates the existence of one or more of the following diseases: Diabetes, Cancer, hypertension, heart diseases and stroke, psychiatric disorders, and chronic respiratory disease.





## What will Cimas Care offer me

- Help you better coordinate your treatment plan with doctors who have specialized in treating your disease.
- Strengthen your engagement to receiving personalized care during the regular appointments in relation to set milestones.
- Assist you in finding ways to create a healthier, more balanced lifestyle, specifically designed to your needs, in the presence of your chronic disease, through Counselling on:
  - Diet with a recommended Dietician
  - Physical exercise
- Access to the Chronic Drug Benefit.
- Be your Adherence tracking partner for your medication.
- Closely monitor your condition with assistance from your attending doctor so that you do not experience any unforeseen complications.
- Reinforce the need for early intervention on complications should they arise.
- Assist you to join an appropriate peer support group.
- Avail educational material and self-management techniques to empower you.



## Waiting Periods for Cimas Care benefits

Enrolment on to Cimas Care is instant and free, however waiting periods do apply for NEW membership to realize some of the benefits.





**For queries or questions**

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