



CareOregon

**A new service to enhance care for  
your patients – at no cost to you!**

Synergy  
Personal Health  
Management®  
is designed to  
supplement  
the care you  
provide with  
coaching, education and support  
to motivate patients to achieve  
greater self-efficacy and improve  
their health status. Licensed  
clinicians, called Care Coaches,  
contact patients by phone to:



- Promote adherence with your treatment plans and help them set goals to improve their conditions.
- Provide education to encourage prescription adherence.
- Increase their understanding of lifestyle choices and how they can impact their medical conditions.
- Encourage them to clearly communicate with you and their other health care professionals.

Synergy provides your patients with:



- Appointment Reminders
  - Community resources
  - Health education materials
- Self-Care Handbook
  - Emotional and behavioral support to decrease psychosomatic responses
  - An immediate follow-up with the patient to support your recommendation

We work with you and your patient as a team towards compliance and health goal accomplishment.

