

Home Healthcare: A proactive approach to achieving health goals

There is often a perception that Home Healthcare services are only for people with a serious illness or injury. In fact, taking advantage of Home Healthcare services early and taking a proactive approach can help you maintain optimal health and well-being so you can keep doing the things you love in the place you call home.

Features and Benefits of Home Healthcare:

- ▶ **Personalized Care:** Home Healthcare brings a personal approach to your care including routine check-ups, medication management, customized to your unique situation, with you involved, all to help in supporting your health goals.
- ▶ **Patient Empowerment:** With early Home Healthcare, you are able to take a proactive role in decisions and a holistic approach to your health care and wellness.
- ▶ **Early Intervention & Prevention:** Home Healthcare helps you identify and address potential health issues before they become serious problems through regular monitoring, health assessments and prompt interventions.
- ▶ **Continuity of Care:** Home Healthcare lets you benefit from strong relationships with your care team giving you peace of mind and support throughout your health journey.

CNS Cares: We Put Care First:

CNS Cares was founded by nurses to provide former energy workers with the highest quality, compassionate home health care. From medication management and help with daily activities (meal-preparation and light housekeeping) all the way to 24/7 skilled nursing care, CNS Cares is here for you. Our dedicated Care Managers make sure you have all the support and care you need.

- ▶ **Personal Care Plans** – We'll work closely with you to create a personal care plan that supports your needs. It's as much – or as little – care as you need. CNS Cares, you, and your physician work out the best care plan for you!
- ▶ **Compassionate Caregivers** – Our experienced team of local nurses and caregivers will treat you like family, providing consistent, compassionate care you can count on.
- ▶ **Better Health Outcomes** – Our proactive and preventive care helps improve overall health, reduces the risk of infections, and can decrease the need for hospitalization or trips to the ER.
- ▶ **Improved Quality of Life** – Home Healthcare patients spend less time going to the doctor because of our regular check-ups and medication monitoring at home.

We're Here to Help. Talk to the Team Who Cares.

Talk to our Care Team to learn how you can benefit from in-home health care.

Call us at [1-877-259-9001](tel:1-877-259-9001) or visit [CNSCares.com](https://www.CNSCares.com)