



WISHING YOU AND YOUR FAMILY
Happy Holidays

Happy Holidays from all of us at Praxis Health!

*"As we enter into the holiday season and wrap up 2023, we want to extend a thank you to all of our patients for trusting Praxis Health with the care for you and your loved ones. We know that you have many choices when it comes to finding the right place for your care and are honored that you have chosen our team. We appreciate being alongside you in your healthcare journey and know that it is not always an easy road, especially with many of the challenges our community is faced with these days. Praxis Health and our amazing team are here for you in 2024!
Many blessings to all."*

Mike Olson

Regional Administrator for the Mid-Willamette Valley





Do You Have Medicare or Medicare Advantage?

In 2024, we are offering a new service Chronic Care Management!

Are You Struggling With Any Of These Health Conditions?

- Diabetes
- Heart Disease
- COPD
- Asthma
- Rheumatoid arthritis
- Substance abuse
- Kidney Disease
- Dementia
- Depression or other mental health conditions
- Other conditions

Our Chronic Care Management Nurses Are Here To:

- ☒ Help you achieve health and wellness goals
- ☒ Help keep you healthy, independent and out of the hospital
- ☒ Educate you on your health conditions and how to best manage them

Services Provided:

- Direct answers to your medical questions
- Medication advice
- Help navigating the healthcare system
- Better coordination of care between your specialists
- Assistance with symptoms management
- AND MUCH MORE

How do I enroll?

Ask your provider if this program is right for you and your provider can refer you to our nurse care manager

Embrace a Healthy Start to the New Year!

Book your annual wellness exam now!



Benefits of annual exams

Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.