2018 CVS HEALTH FOUNDATION - NAFC COORDINATED CARE GRANT:

BECAUSE OF THIS $915,000 GRANT TO SUPPORT CHRONIC DISEASE MANAGEMENT...

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<th><strong>57</strong> CLINICS</th>
<th><strong>29,000+</strong> LIVES TOUCHED</th>
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<td>provided expanded services to treat diabetes &amp; hypertension</td>
<td>by this CVS Health Foundation grant funding in 2018 alone</td>
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<th><strong>$9.7 MILLION</strong></th>
<th><strong>17,000+</strong> PATIENTS</th>
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<td>SAVED in ER services in 2 clinic grantees alone</td>
<td>gained access to services they would not have had otherwise</td>
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| **5,502** DIABETIC PATIENTS LOWERED A1C LEVELS | **5,861** HYPERTENSION PATIENTS LOWERED BLOOD PRESSURE |
"Grace Clinic saved my life. Without their help, I wouldn't have my diabetic medication and supplies. I can never thank you enough!' wrote Theresa, a 57-year-old patient at Grace Clinic. Theresa's diabetic care and supplies were funded by the 2018 CVS Coordinated Care Grant. This funding supported the Know Your BGL Program, which allowed our clinic to spend more time with patient education, follow-up between appointments, and to provide free meters, strips, and syringes to our diabetic patients.

~Grace Clinic of Yadkin Valley, NC

Before going to bed I was asking the Lord to please let me survive the night because I didn’t know if I was going to wake up the next morning...I was experiencing so many symptoms, but the one that scared me most was when my eyesight started to go,” Danny, father of 3, said. Then, he went to the Faith Family Medical Clinic and found out he was diabetic. He joined the 'Journey to Health' program that CVS funding helped create. 'I was in such bad shape, but every week I'd come and hear everyone share what they did during the week and that motivated me to continue.' Danny now works out 5 days a week, completely changed his eating habits, and lost 55 pounds over 6 months. 'Journey to Wellness was just amazing; it's been a huge blessing not only for me, but for my entire family. As your body begins to change, your life begins to change and that just pours out onto everyone around you. Journey to Health has changed my life.'

~Faith Family Medical Clinic, TN
"Lace, a longtime patient of Ubi Caritas Health Ministries has truly benefited from the CVS Coordinated Care grant made possible by NAFC and CVS Health Foundation. When Lace started her journey with Ubi Caritas' Diabetic Management & Education program, she weighed 500 lbs and her A1C level was dangerously high at 10.3. Lace has now lost a total of 210 lbs and still counting! Her A1C level is now maintained at a healthy 6.0 level. Lace has also become one of our patient peer mentors, and helps provide encouragement and support for others going through this program."

~Ubi Caritas Health Ministries, TX

"Jennifer is a 56-year-old mother of two and grandmother of six. She came into the LEAD Jumpstart Program with an A1C of 9.4 and had never had much control over her daily blood glucose readings. She spent much of her time feeling tired and depressed. Jennifer completed her LEAD JumpStart program early in 2018 and remains invested in her new lifestyle. Her A1C is stable. Each week, she posts recipes and her shopping list with links and tips on the best produce for the new JumpStart group. Her weight loss was a pleasant side effect, but best of all, she says, 'I've been able to keep up with my grandchildren. I've gone from being scared I would die, to having a new lease on life. The LEAD program is the best thing to happen to me.'"

~Volunteers in Medicine, TN
"Kofi, from Ghana, West Africa has lived alone in Albany for 5 years. He had no insurance, was unemployed and desperately ill. His blood pressure was extremely high. Today, with medication provided by the Free Clinic and a healthier diet his blood pressure is lower. Kofi says, 'The doctors told me to stop eating salt and sugar, because I am also a diabetic. Now I eat a lot of vegetables. I also stopped smoking after I had to go to the ER because I couldn’t breathe.' Today, with restored health he has begun working part time as a fork lift operator."

~ Capital City Gospel/Rescue Mission, NY

"Jose was diagnosed with diabetes over 7 years ago and had sought diabetic education services through the local health system. He said he felt like he didn’t matter and wasn’t getting his questions answered properly. When he began to attend the group-based education at Health Care Network, he felt that this was the first time someone cared about his condition. Veronica, the group educator, was easy to talk to and never made him feel stupid. Jose was able to get off of insulin altogether and has maintained a healthy lifestyle and lab readings for over 6 months so far."

~ Health Care Network, WI
"Support from the CVS grant assured that MetroWest Free Medical Program had the team in place to provide care to patients who were unable to get care when it was needed. Our Director of Clinical Care tracks information about where we would have sent patients if the clinic weren’t available and 70% of our patients with hypertension would have needed to go to an Urgent Care or Emergency Room rather than waiting for care. This CVS grant likely saved more than $100,000 in unnecessary Emergency Room costs."

~ MetroWest Free Medical Program, MA

“I came to Clinic By the Bay at a very bad time in my life. I had gone through a very bad year, financially and emotionally. I no longer had insurance and was not feeling well at all. My first appointment was for a checkup and to get back on my blood pressure medication, which of course was very high. The doctor was very patient and understanding of my needs. He suggested that there were other resources at the clinic that could help me. I saw a physical therapist for my back. Got a health coach, which was important since I had some very bad eating habits. My health coach was great. She knew I was not going to change overnight and was very patient explaining everything. I have lost 15 pounds since I started. I know I’m far from my goal, but it’s a great start. Last but not least I got counseling, which was very important because of everything I had recently gone through. So many changes in my life, so many things that had affected me. I had just lost a niece through a homicide and it really had affected me. Counseling came at the perfect time. All this has made me bounce back and realize that I can have a better life. It has given me a new confidence in life.”

~ Juan, Clinic by the Bay, CA