Chronic Disease Self-Management for Type 2 Diabetes & Heart Failure

The TeleCARE TéléSOINS Manitoba Self-Management Program is a telephone-based, primary care initiative designed to support and reinforce the recommendations of the health care provider and team to promote healthy behaviors, prevent disease complications, and optimize health.

This program provides:

- Individualized education and support to enable the client to better self-manage their prediabetes, Type 2 Diabetes and/or Heart Failure (NYHA Class I – IV). A registered nurse calls the client regularly to monitor their health status, provide education, and support realistic goal-setting that propels behavioural change.
- Support of health behaviour change management
- Emphasis on the importance of self-monitoring between calls and medical visits.
- Nutrition counselling with a registered dietitian.
- Assessment and triage of any acute symptoms during scheduled or self-initiated calls and notification of the provider of any clinical issues.
- Communication of concerns to the primary health care providers.

This service is provided at no cost to the client, and is intended to support the provider-patient relationship and treatment plan. Medication is not prescribed or changed and the plan of care is not altered. The program will not discourage clients from making office visits or replace the role of the primary health care team (physician, nurse practitioner, nurse, CDE or other direct care provider).

If you have any questions about the program, please contact TeleCARE TéléSOINS Manitoba at 204-788-8688 or toll-free at 1-866-204-3737, Monday to Friday from 0700 hours to 2000 hours. We want to work together to manage your health.

For more information about TeleCARE TéléSOINS Manitoba eligibility criteria and referral forms visit: gov.mb.ca/health/primarycare/chronicdisease/selfmgmt/telecare.html

Thank you!