






# Personalized care for your chronic condition

Having a chronic condition like diabetes, hypertension, or chronic pain can often mean permanent lifestyle changes, frequent trips to and from your doctor for check-ins and screenings, and ongoing specialized care. But it doesn't have to keep you from leading a full and happy life.

At Kaiser Permanente, we help you manage your condition with little disruption to your day—so you can continue living the life you love.

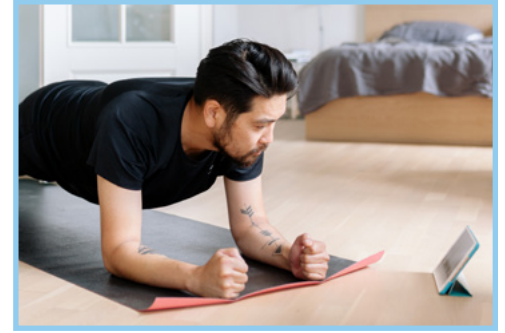
In our integrated system, your care is anchored by a broad range of highly skilled physicians who work together as a team to treat the most complex conditions, from cutting-edge treatment methods to remote monitoring. Our holistic approach combines state-of-the-art treatments customized for your specific needs, specialized programs, and regular monitoring to help you maintain control of your condition and your life.

We offer specialty care programs that can help you better manage:

-  Diabetes
-  Hypertension
-  Chronic pain

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# How we manage chronic conditions



## Better prevention

If you're at risk of facing a potential health problem—like diabetes, high blood pressure, or persistent pain—we offer programs for diabetes prevention, wellness coaching, and pain management that are designed to help you before you develop a chronic condition.

## Better detection

Identifying chronic conditions can begin at any point of care, but early detection is key to catching diabetes, high blood pressure, and other disease and conditions. That's why we check patients' vital signs at each visit and screen patients who have risk factors for diabetes. This makes it easier to treat and manage your condition through frequent monitoring and regular assessments.

## Better treatment

To help patients manage chronic conditions and lead full and rewarding lives, we offer cutting-edge treatment plans, innovative programs, and online classes that draw on the expertise of a wide range of specialists. These include cardiologists, endocrinologists, and pain specialists who all have access to your medical record to help them develop the best care plan for your condition—and for you.

Our program and treatment options for some common conditions include:



### Diabetes

- Diabetes Care Management Program
- Lifestyle medicine clinics
- InStep with Diabetes classes



### Hypertension

- Remote data monitoring for high blood pressure
- Drop-in blood pressure checks
- Healthy lifestyle programs



### Chronic pain

- Overall health assessments (explore the experience and causes of chronic pain)
- Comprehensive Common Pain Management Program
- Mindfulness practices and meditation
- Multimodal analgesia (strategically combines different medicines that attack distinct parts of the pain pathway)

Learn more about our commitment to care excellence at [leadinghealthcare-midatlantic.kaiserpermanente.org/nationally-recognized-care/](https://leadinghealthcare-midatlantic.kaiserpermanente.org/nationally-recognized-care/).

