

## What is PreventionLink?

PreventionLink is a free program to help you prevent chronic diseases and improve your health if you have diabetes, high blood pressure, or high cholesterol. Your primary care doctor refers you to PreventionLink and then we work closely with your doctor to connect you to our trusted network of physicians, nurses, and specialists. Our mission is linking you with the right kind of care, programs, and advice you need to live a longer, healthier life.

## Why should I join?

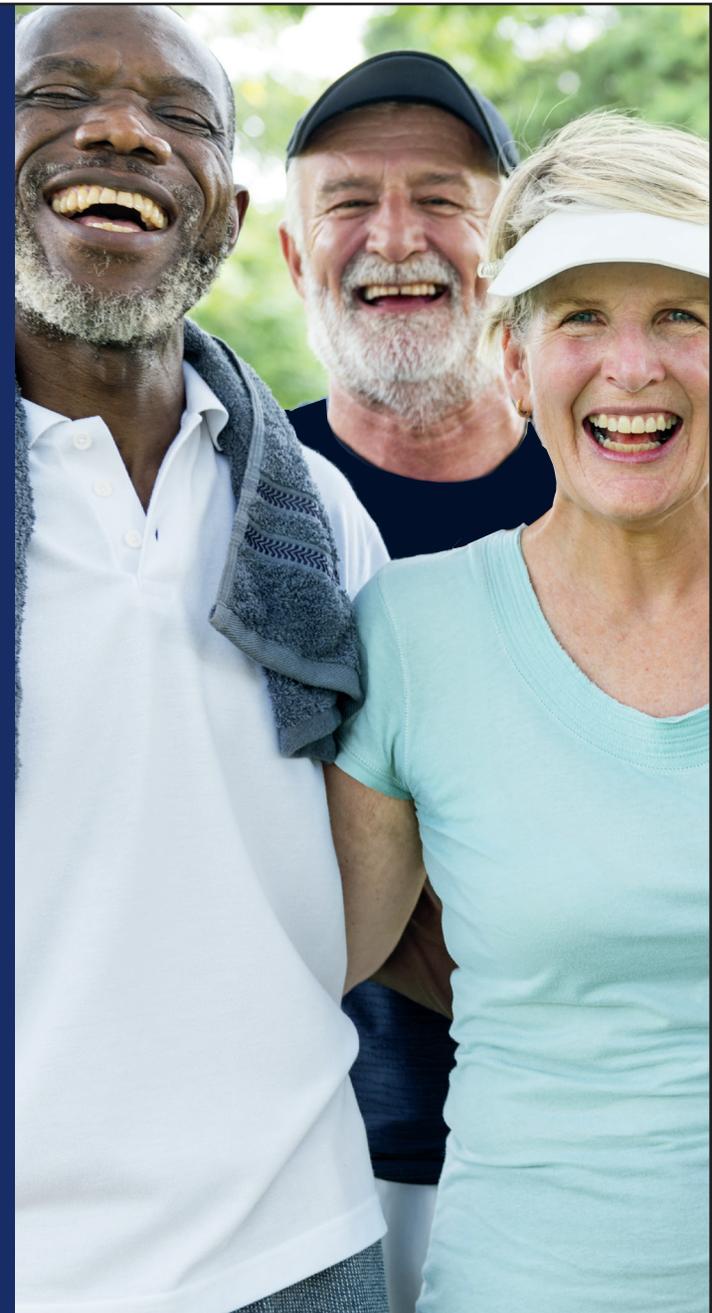
PreventionLink's network of health and lifestyle experts can help transform your well-being! Taking control of your health takes commitment from you and your health care team.

PreventionLink keeps you on track, connects you to the right specialists in your community, and addresses some of the common barriers many of us face to getting the care we need.



### How can I get more information about PreventionLink?

Speak with your primary care provider or email the PreventionLink team at [PreventionLink@co.pg.md.us](mailto:PreventionLink@co.pg.md.us). You can also visit [health.mypgc.us/preventionlink](http://health.mypgc.us/preventionlink) or call 301-883-7220.



# A Link to Better Health



### Eligibility:

- Maryland resident living in Calvert, Charles, Prince George's, or St. Mary's counties
- 18 years or older
- Have a diagnosis of pre-diabetes, diabetes, high cholesterol, high blood pressure or at risk for heart disease
- Receive a referral from your participating primary care provider

### What will I need to do if I join PreventionLink?

- Be willing to work with your primary care provider and participate in PreventionLink services to improve your health
- Agree to participate in PreventionLink services for one year
- Provide feedback to help improve PreventionLink services

**Your provider  
wants you to join!**

## PreventionLink Services

*Services are available based on individual needs*



Face-to-face and online classes on how to prevent or manage your diabetes, high blood pressure or high cholesterol.



Medication therapy management, which involves working with a pharmacist to better understand your medications to ensure best possible health outcomes.



One-on-one support from a community health worker is available to work with you and your primary care provider to find resources and remove difficulties (barriers) that may prevent you from receiving the quality care you deserve.