

*The Vermont Blueprint for Health is changing the way health care is provided to Vermonters*

**At the heart of the Vermont Blueprint for Health are:**

- Patients – individual and unique receiving the personal attention and support they need to take charge of their own health
- Doctors and their health care teams – available when needed
- Community Health Teams that connect you to resources beyond the doctor’s office
- Workshops and support groups that help patients reach their own goals
- Prevention and wellness services
- Computerized health records
- Free services!

**Vermont Blueprint for Health Community Health Team**

Community Health Team members work hand in hand with you and your doctor and their staff to help you set goals and improve your health.

Community Health Teams have nurses and specialists in nutrition, exercise, counseling, and more, to help you

- Eat healthier
- Become more physically active
- Quit smoking
- Understand your treatment plan
- Manage your medications
- Manage your health condition
- Connect with local resources such as transportation services, and community walking paths
- Talk to someone about whatever’s getting in the way of you leading a healthier life
- Transition your care from a hospital stay back to your primary care doctor
- Prevent small problems from becoming big ones

[http://hcr.vermont.gov/blueprint\\_for\\_health](http://hcr.vermont.gov/blueprint_for_health)

*“Since taking part in the Vermont Blueprint for Health I lost 66 pounds, my diabetes is under control and I don’t need pain medication any more. Honestly, if it weren’t for the Community Health Team, the workshops and classes, I would not be where I am today. They are a Godsend.”*

–Vermont Blueprint for Health patient

*“I feel proud to be a Blueprint for Health practice. We have a new physician who says he has never been in a practice where the entire team knows the process and helps our patients, from the front desk person to the chronic care coordinator to the physicians and nurses. The Community Health Team adds extra resources from the community so you can take care of the whole patient. It’s pretty cool.”*

–Vermont Blueprint for Health physician

*“My doctor cares about me and helps me get the resources I need for a healthier life.”*

– Vermont Blueprint for Health patient

Community Health Team services are FREE with a referral from your doctor. We can work with you to explore choices, support change, and overcome barriers as we help you achieve improved health.

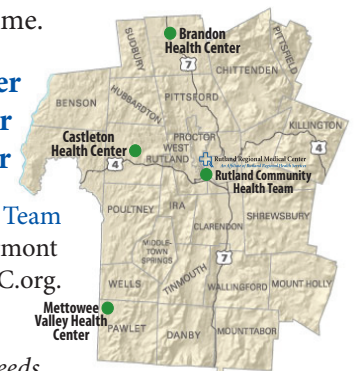
We’re available by phone, email, at your doctor’s office or we can come to your home.

**Community Health Team partners:**

We currently are serving patients in the following practices, but more practices are coming on board all the time.

**Castleton Health Center**  
**Metowee Health Center**  
**Brandon Health Center**

**Rutland Community Health Team**  
 71 Allen Street, Rutland, Vermont  
 802-773-9888 / CHT@RRMC.org.



*We will make special arrangements to meet your needs. Let us know what times work for you.*