

that's where your wellness is our calling

Introducing Borgess WellTeam

Living with a serious disease is far from simple. That's where a free program called Borgess WellTeam can make a lasting difference. This new program offers people with chronic diseases (like diabetes, heart failure and asthma) one-on-one education and support, connects them to important community resources, and answers their ongoing questions and concerns.

By preventing symptoms and health issues from arising, patients are able to spend less time in the doctor's office (or in the hospital) and more time enjoying their lives.

The Fochts Have Life Under Control

Like many men, Philip Focht, 71, wasn't a big fan of the doctor's office. Thanks to his wife, Linda,



and Borgess WellTeam, Phil's opinion of establishing a regular relationship with a caregiver has changed—and so has his health outlook.

When Phil first received the diagnosis of diabetes at ProMed Family Practice in Three Rivers, the response was his typical matter-of-fact: "OK, let's get rid of it."

Those who've lived with diabetes for a while know, however, there is no cure or quick fix. Diabetes requires careful management by a medical professional, and especially, the patient.

For most patients, learning how to effectively manage a chronic illness like diabetes can be daunting. "We attended the diabetes education classes," said Linda, a 63-year-old retiree who worked with special needs kids through Lewis

Cass Intermediate School District. “They provided helpful information, but it was so much information.”

“Phil said the diabetes education guidelines were too restrictive for his lifestyle,” added Tami King, registered nurse (RN) and WellTeam Care Coordinator. “They love to eat out, so I taught them how to watch carbs at restaurants. We planned his meals throughout the day. Now they can still enjoy going out to eat and spending time with their friends.”

Beyond dietary recommendations, King showed the Fochts how to use a blood glucose meter and gave them a healthy dose of understanding.

“Tami called us every week for several weeks just to see how we were doing,” Linda said.

“No matter the question, Tami would answer it.”

A retired custodian from Marcellus Community Schools, Phil and his wife have known each other for 30 years. With Phil’s blood sugar and their lives under control, the Fochts can continue doing what they love the most, being together out and about, antiquing, and mining garage sales.

“His A1C (measurement of blood glucose level over a three-month time period) has gone from over 12 to 6.3 in under a year,” Linda said. “We wouldn’t have been able to handle the diagnosis without Tami’s help and support.”

To Learn More

To learn more, or to find a Borgess WellTeam practice in your area, call **(269) 226.8135** or **(800) 828.8135**.

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