

# UVM ScholarWorks

## Assessing Patient Barriers to Community Health Team Referral

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# Community Health Team Resources Available To All Patients For Free

The Community Health Team is designed to reinforce the care you receive from your primary care physician

Specialists with expertise in several different areas are able to spend extra time working with you to reach your health goals

## SPECIALISTS INCLUDE:

### NURSES

- Assist with medication management
- Assist with chronic disease management

### DIETITIANS & DIABETES EDUCATORS

- Work with you to create healthy eating plans to manage your health conditions
- Educate on healthy choices for diabetes

### HEALTH COACHES

- Support your health goals
- Help you quit tobacco

### SOCIAL WORKERS

- Assist with coordination of care and accessing community resources
- Supportive counseling and connection to appropriate services

### ALL CHT MEMBERS

- Can connect you with a free tailored fitness program (including 2 one hour personal training sessions and a 1 month free gym membership)