CARE LIVES HERE

SPIRA CARE™

A Care Team On Your Side.

Spira Care is team-based care. Along with doctors and nurse practitioners, you have a Care Team to help you with condition management, healthy eating, sleep, self-care, and more. It's all about treating the whole person.

Physicians, Physician Assistants, Nurse Practitioners For routine preventive care, wellness visits, and treatment of illness.

- Routine preventive care
- Chronic medical condition management
- Treatment of illness

Behavioral Health Consultants Helping you address issues ranging from psychosocial, motivational, & medical concerns to substance use and tobacco cessation.

- Substance use
- Psychosocial, motivational, & medical concerns
- Stress/resilience
- Life transitions
- Tobacco cessation
- Sleep
- Relationships
- Adjusting to medical conditions
- Referrals as needed

Health Coaches Partnering with you to help enhance your overall health and well-being.

- Overall health & well-being
- Weight management
- Physical activity/exercise goals
- Self-care
- Healthy eating

Diabetic Educators Here to inform, support, and advocate for you, while helping you reach treatment goals and self-manage or prevent diabetes.

- Reach individualized treatment goals
- Build the skills and confidence to self-manage diabetes

Care Guides Your single point of contact to coordinate care, answer questions, and explain benefits.

- Coordinating care
- Answering questions
- Explaining benefits

The Results Can Be Life-Changing.

Your Care Team can work with you to help you reach your goals across a wide range of issues including:

Call 913-29-SPIRA (77472) or visit your patient portal to schedule your appointment.

Get the right care at the right place at the right time.

Scan the QR code or go to **SpiraCare.com/AdvancedPrimaryCare** to learn about more advanced primary care.

Whether you'd rather visit in person or you're more comfortable with a phone or telehealth option, we can connect you to the right care. Go to **SpiraCare.com** to learn more about us, about advanced primary care, and how we can support your health journey.

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