



Welcome to Senior Wellness at Altitude!

Dear Valued Patient,

I hope this message finds you well. I am pleased to inform you that your physician has enrolled you in our exclusive, advanced care management program, **Senior Wellness at Altitude**. This program is a proactive step towards enhancing your healthcare experience and ensuring your well-being. Designed specifically for your needs, Senior Wellness at Altitude offers personalized support and a range of benefits that will make managing your health easier and more effective. Below, I would like to outline some of the numerous advantages of this program and how it can significantly impact your health and quality of life.

1. Personalized Care Tailored to Your Needs

The cornerstone of Senior Wellness at Altitude is personalization. We recognize that each patient has unique health needs, challenges, and goals. Your dedicated care manager will work closely with you and your healthcare providers to create a customized care plan that aligns with your personal health objectives. This individualized approach ensures that every aspect of your care is focused on your specific needs, allowing you to receive the most appropriate treatments and support.

2. Improved Health Outcomes Through Proactive Monitoring

By being part of Senior Wellness at Altitude, you benefit from continuous, proactive health monitoring. Your care manager will help manage your medications, coordinate your medical appointments, and regularly assess your health status. This close oversight allows us to detect potential health issues early, preventing complications and ensuring your health remains stable. Research has shown that patients in care management programs have fewer hospital admissions, reduced emergency room visits, and better overall health outcomes.

3. Enhanced Support and Educational Resources

Navigating the complexities of healthcare, especially when dealing with chronic conditions, can be daunting. Senior Wellness at Altitude offers a robust support system designed to guide you every step of the way. Your care manager will act as your advocate, providing clear, easy-to-understand explanations of medical information and helping you make informed decisions about your care. Furthermore, our program provides access to valuable educational resources, empowering you with the knowledge to manage your condition effectively and make lifestyle choices that support your health.

4. Convenience and Simplified Healthcare Coordination

We understand that managing multiple medical appointments and treatments can be time-consuming and stressful. Senior Wellness at Altitude simplifies this process by serving as an additional point of contact who has direct access to your physician and healthcare team. Your care manager will coordinate with your doctors, specialists, and other healthcare providers, ensuring that everyone involved in your care is well-informed and aligned. This coordination not only reduces stress but also ensures that you receive timely, cohesive care.



5. Cost-Effective Healthcare Solutions

Participating in Senior Wellness at Altitude can lead to significant cost savings. For the average patient, this program saves thousands of dollars in annual healthcare costs by focusing on preventive care and early intervention, which helps reduce the need for expensive emergency care and hospital stays. Additionally, there is no out-of-pocket cost to you for being in the program. Your care manager will also assist you in navigating your insurance benefits to help find cost-effective treatment alternatives when needed. This comprehensive approach helps you manage healthcare expenses while maintaining high-quality care.

6. Emotional and Mental Health Support

We recognize that managing health issues can take a toll not only physically but also emotionally and mentally. Senior Wellness at Altitude includes resources to support your emotional well-being. Your care manager is here to listen, provide reassurance, and connect you with mental health resources if needed. By addressing both physical and emotional health, we help ensure that you maintain a balanced and fulfilling life.

7. A Focus on Preventive Care and Wellness

Prevention is a critical aspect of maintaining good health. Senior Wellness at Altitude emphasizes preventive care, helping you adopt healthy lifestyle habits that can prevent illnesses and improve your long-term health. From regular health screenings to personalized wellness plans, we focus on keeping you healthy, not just treating you when you are sick. This proactive approach can lead to a healthier, more active lifestyle and a reduced risk of future health problems.

Next Steps

You are already enrolled in Senior Wellness at Altitude, thanks to your physician's commitment to providing you with the best possible care. To begin experiencing the benefits of this program, please expect a call from your dedicated care manager within the next few days. They will introduce themselves, direct you to our onboarding resources, discuss your personalized care plan, and answer any questions you may have.

We are excited to have you as part of Senior Wellness at Altitude and look forward to supporting you on your journey to better health. If you have any immediate questions or concerns, please do not hesitate to contact us at (303) 730-2167 or through our website, www.AltitudeMedicine.com. We are here to help you every step of the way.

Thank you for allowing us to be a part of your healthcare team. Together, we can achieve great things for your health and well-being.

Sincerely,

Your Care Team at Altitude Family & Internal Medicine