

Patient Self-Management

Learn what you can do to improve your health

Patient Self-Management

Self-management education complements the traditional doctor/patient relationship by giving patients the skill and confidence to manage their chronic illnesses. We encourage and partner with our patients to improve your health and quality of life.

Online Educational Materials and Resources

- Health information for the whole family familydoctor.org
- Health information for children healthychildren.org
- Questions to ask your doctor choosingwisely.org
- Healthy eating choosemyplate.gov
- Quit smoking smokefree.gov
- Chronic pain support theacpa.org

Self-Management Mobile Apps

- Diabetes [Glucose Buddy Logbook for Diabetes Management](#)
- Weight/Sugar/Blood Pressure Tracking [Health Tracker for iPhone](#)
- Asthma log for children and young adults [My Asthma Log for Android](#)

Online Self-Management Tools

- Asthma – CDC Tools for Asthma Control www.cdc.gov/asthma/tools_for_control.htm
- Diabetes – Ely Lilly tools www.lillydiabetes.com/Pages/downloadable-materials.aspx
- Diabetes – Cleveland Clinic www.clevelandclinic.org/health/diabetes_module/dm2.html
- Diabetes/Hypertension – Microsoft Office Excel templates <http://office.microsoft.com/en-us/templates/blood-pressure-and-glucose-tracker-TC103107635.aspx>
- Hypertension – American Heart Association tracker www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_305157.pdf

Community Resources

Help with Food

- Meals on Wheels/Department on Aging 828-349-2058
- CareNet 828_369-4642

Help with Transportation

- Macon Transit 828-524-4436
- DSS (Medicaid only) 939-349-2222

Medications Assistance

- Angel Medical Center Medication Assistance 828-349-6717
- CareNet 828-369-4642

Home Health Agencies

- Care Partners 828-369-4206
- Mountain Home Health Services 828-389-8106

Mental Health Resources

- Appalachian Community Services 828-524-9385
- Long Center for Psychology 828-524-4110
- Mobile Crisis 888-315-2880

Family Outreach Services

- Macon County Health Department 828-349-2081

Diabetic Teaching

Franklin Family Practice
161 Iotla Street
Franklin, NC 28734
828-369-4244

- Macon County Health Department

828-349-2081