

Healthy Lifestyle Coaching Program



Our Program Can Help You.

At no cost to you, CareVio is a care management program that will work with you and your healthcare team to make it easier for you to take care of yourself and stay well.

About Us

We support ChristianaCare caregivers' plans to achieve health wellness goals. We accomplish this using evidence-based healthcare with assistance available to help manage and maintain chronic disease.

We Provide:

- Health and nutritional coaching by certified coaches.
- Support with healthy lifestyle goals and education.
- An exercise plan and physical fitness education.
- Help managing with your weight, blood pressure, cholesterol, and diabetes.
- Support with managing your stress levels and offering tools for a better night's sleep.
- In-person, telephone, or group session support.

This Program Supports You:

- If you are a ChristianaCare Caregiver.
- If recommended by your doctor or CareVio staff.

**For more information, call 302-320-5600
or email carevioreferrals@carevio.org
visit us online at www.carevio.org**

