

## **Chronic Disease Self-Management, Ridgeway**

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact

Diane Sawyer

Intake Contact Email

info@healthycommunitymhc.org

Intake Process

Call for information

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Martinsville-Henry County Coalition for Health and Wellness

<https://healthycommunitymhc.org/locations/ridgeway-family-health/>

<https://www.facebook.com/pages/Martinsville-Henry-County-Coalition-for-Health-a...>

Main

(276) 956-2233

4944 Greensboro Road

24148 VA

United States

Monday: 7:00 am-7:00 pm

Tuesday: 7:00 am-7:00 pm

Wednesday: 7:00 am-7:00 pm

Thursday: 7:00 am-7:00 pm

Friday: 7:00 am-7:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Sliding Scale Fee

Payment Method(s)

Private Pay

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Private Insurance

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Medicaid

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Medicare

Languages Spoken

English

The Chronic Disease Self Management Program (CDSMP) is designed for individuals who have one or more of the following conditions:

- High Blood pressure/heart disease
- Headaches
- Cancer
- Arthritis
- Asthma/lung disease
- Back pain
- Depression
- Any other chronic health condition.

The program will help participants manage symptoms, get started with healthy eating and physical activity, communicate effectively with your healthcare team, manage emotions, and more. One-on-one health education sessions are also available to patients of Ridgeway Family Health and Bassett Family Practice. Ask your provider for more information.

Chronic Disease program is also available at Bassett Family Practice.

Service Area(s)

Henry County

,

Martinsville City

Email

[info@healthycommunitymhc.org](mailto:info@healthycommunitymhc.org)