

Managing Chronic Conditions Starts with You

Living with a chronic condition such as diabetes, high blood pressure, high cholesterol, or asthma can sometimes feel overwhelming — but it doesn't have to be. With the right care, support, and lifestyle plan, you can take control of your health and start feeling better every day.

Our care team takes a personalized approach to managing chronic conditions. The focus is on prevention, early detection, and long-term management — not just treatment — so you can live the life you want without constant worry about your health.

Whether you're newly diagnosed or have been managing your condition for years, our goal is to help you build confidence in your care through guidance, education, and ongoing support.



Why Chronic Condition Management Matters

Chronic conditions are long-lasting, but they can be effectively managed with consistent care. Staying proactive helps prevent complications, reduce symptoms, and improve your energy, mood, and quality of life.

Common conditions we help manage include:

- Diabetes and prediabetes
- High blood pressure (hypertension)
- High cholesterol
- Asthma and COPD
- Thyroid disorders
- Heart disease
- Obesity and weight management

MANAGING CHRONIC CONDITIONS

Our Approach to Helping You Stay Healthy

Every patient's health journey is unique — that's why care plans are customized to your individual needs and goals. Your care team will work with you to build a plan that may include:

- Medication management and refills through convenient in-house pharmacy access
- Routine lab draws and health screenings to monitor your progress
- Nutrition and lifestyle guidance tailored to your condition
- Health coaching and education for day-to-day success
- Regular follow-up visits to adjust your plan as you improve

You'll always have direct access to your care team — without long wait times, complicated billing, or unnecessary stress. The focus is simple: helping you feel better, live better, and stay in control of your health.

Start Feeling Better Today

If you've been putting off care, now's the time to take the first step. Managing a chronic condition isn't about perfection — it's about progress. And support is here when you're ready.

VISALIA
4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

HANFORD
740 N. Irwin St.
Hanford, CA 93230
559.272.9551


HEALTHWISE
MEDICAL CLINIC
www.healthwise.clinic

PORTERVILLE
99 W Putnam Ave
Porterville, CA 93257
559.272.9544

DINUBA
561 N Alta Ave. Suite A,
Dinuba, CA 93618
559.725.8165