



CDM Plus is helping consumers and health professionals to increase self-management for those at risk of or with one or multiple chronic conditions.



## Health & Wellness

My Care Plan - Health & Wellness is an A5 hard copy resource that helps consumers to improve their wellbeing by prompting them to identify disease risk factors, recognise behaviour patterns, set personal goals, and establish healthier habits.

My Health & Wellness allows consumers to stay accountable, motivated, and make progress towards their goals.

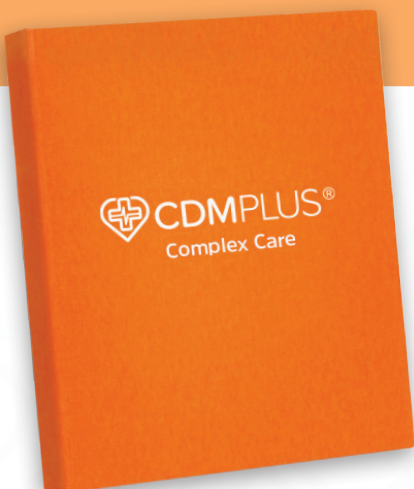
## Chronic Care

My Care Plan - Chronic Care is an A4 hard copy resource that is designed to help patients self-manage their chronic conditions.

Consumers, family members, or carers can also use this to keep track of medical appointments, health history, observations, medicines, goals. It also includes customisable escalation plan.



## Complex Care



My Care Plan - Complex Care is an A4 hard copy, customisable resource that helps consumers, family members, and carers self-manage multiple complex chronic conditions.

- Personalised folder to meet consumer's health needs and goals
- Improves communication between patient, carers, and health professionals
- Tracks and organises appointments and test results