



Recently diagnosed with high blood pressure and at a loss on what to do next?

Frustrated over your high blood sugar levels despite taking medication and controlling your diet?

Don't know what is triggering your asthma attacks?

Nurse Counselling

Read on to find out how a nurse counsellor can help you manage your chronic conditions.



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Let's see how nurse counselling has helped them



Ben* (Patient with diabetes)

Despite taking medication regularly and controlling my diet, my blood sugar levels remained high.

After reviewing my daily routine with the nurse counsellor, we realised that my medication was exposed to direct sunlight when I placed it at the back of my motorcycle. This may have caused it to be ineffective!



Jasmine* (Patient with asthma)

I used to only get asthma attacks after returning from a vacation and wondered if it was due to a difference in Singapore's air quality.

Thanks to the nurse counsellor, I realised that it was because I didn't use my preventer inhaler while overseas. Now, I make sure that I pack my preventer inhaler each time I travel!

*Names and identifying details have been changed to protect the privacy of individuals.

Who will benefit from nurse counselling?

Newly diagnosed patients or those who are having difficulties managing their chronic conditions are encouraged to go for nurse counselling.



Diabetes



High blood pressure



High cholesterol



Asthma



Chronic Obstructive
Pulmonary Disease



Nephritis

Working together with your GP, the nurse counsellor will **partner you in your journey** to better manage your condition.

Through a **personalized care plan** and sharing **lifestyle tips**, the nurse counsellor will support you in **setting and reaching targets** that keep your chronic conditions under good control.

Where can you find a nurse counsellor?



Speak to your GP today to find out more.