



CARE MANAGEMENT ADHERENCE CONTRACT

My health is important to me and my family. That is why I am making a commitment to live a healthy lifestyle and do my part in adhering to my therapy plan. I will work closely with my care manager and healthcare providers to develop and follow a therapy plan that works best for me. Because I am responsible for my own health, I will specifically:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

I know that treating and controlling my disease will be improved through the above actions. Therefore, I am signing this pledge to vow to myself, my family, and friends, my care manager, and healthcare providers that I will do everything I can, as outlined above, to be as healthy as possible.

Patient's Signature

Date

As your care manager, I pledge to work with you to help you reach your health goals.

Care Manager's Signature

Date