



Chronic Illness

Personal coaching

The concept in a nutshell

Chronic diseases usually last a long time and progress slowly. In dealing with these illnesses, the persons affected are faced with many challenges.

In Switzerland, about 2.2 million people are affected by one or more chronic illnesses. Illnesses such as heart failure, chronic asthma or diabetes are usually treated symptomatically and are not curable.

Despite good treatments, chronic illnesses can have a major impact on everyday activities and thus also on the quality of life.

Medical, social, financial and legal hurdles in everyday life can arise:

- Are several doctors or therapists involved in your treatment? This complicates the exchange of information.
- If an affected person is working, frequent absences due to sickness can become a problem.
- The cost sharing of medical services (franchise, deductible, Spitex and hospital cost participation, etc.) can lead to a financial bottleneck.
- Medical aids and transportation to medical appointments and therapies are a burden on the budget.
- Physical limitations can result in a personal withdrawal from the social environment.

What does that mean for you?

Living with one or more chronic illnesses requires very good self-management in order to be able to successfully master the various challenges in everyday life.

Especially people who suffer from multiple illnesses at the same time can find themselves in situations or be confronted with questions that may be overwhelming:

- Obtaining health information that is accurate and understandable
- Deciding on treatment options
- Organising and coordinating doctor and therapy appointments
- Organising care and support at home
- Adapting the living environment and everyday structure to the impairment
- Social and legal issues
- Financial bottleneck due to high treatment costs

Are you aware of these or similar problems from your own experience? In this case, we can provide you with concrete support: CONCORDIA offers you counselling tailored to your personal needs by means of a medically trained, external coach. This service is free of charge for CONCORDIA customers.



Here is how you can find out more

Find out with our evaluation questionnaire whether personal coaching offers you suitable means of support in your situation.

www.concordia.ch



Do you have any questions? Write to us. You can reach us at [**healthcompass@concordia.ch**](mailto:healthcompass@concordia.ch).

My notes
