

# Manage Your Chronic Condition with Local Help

Living with diabetes, high blood pressure, COPD, or another chronic condition? You're not alone - and you're not without support. Here are trusted resources in Port Huron and Marysville that can help you stay healthy and independent.

## Medical Clinics & Hospitals

- \* Health Management Care, PC - 2603 Electric Ave., Port Huron | <https://hmc-pc.com>
- \* Lake Huron Medical Center - 2601 Electric Ave., Port Huron | <https://www.mylakehuron.org>
- \* Ascension River District Hospital - Serving Marysville & Marine City | <https://www.ascension.org>

## Community Services

- \* St. Clair County Health Department - Wellness & education | <https://www.scchealth.co>
- \* SCC Community Mental Health - Mental & physical care | <https://www.scccmh.org>
- \* Council on Aging - Senior programs & transportation | <https://www.thecouncilonaging.org>
- \* Blue Water Community Action - Health referrals & housing | <https://www.bwcaa.org>

## Pharmacy & Home Health

- \* Rite Aid & CVS - Local pharmacies with medication support
- \* Visiting Nurse Association Health Services - Home health services | <https://www.vnabwh.org>

## Get Connected Now

- \* 2-1-1 Northeast Michigan - Free 24/7 helpline for local services | <https://www.211nemichigan.org>

*Your health matters. Ask your doctor about Chronic Care Management today.*