



Phone: 918-824-9600 Fax: 918-824-4445

MENTAL HEALTH MATTERS

DID YOU KNOW.....

ViaLife Home Health offers **Behavioral Health Nursing?**

- help to create a safe, non-judgmental space at home
- focus on promoting wellness and preventing illness managing treatment through therapeutic communication
- medication management and support
- assess mood, sleep, behavior, appetite and other symptoms
- provide timely support before patients symptoms become more severe.
- teach and reinforce healthy coping strategies like establishing daily routines, and stress management techniques.



Most importantly we help patients understand that depression is a health condition and NOT a personal failure, which can bring relief and hope!

Fax us a referral to 918.824.4445 if we can help!

www.vialifecare.com - 918.824.9600 phone - 918-824-4445 fax





CELEBRATES AMERICAN HEART MONTH

Cardiovascular disease is the leading cause of death for both men and women, particularly for those over age 50. While detection and treatment has improved, about 600,000 people still die from heart disease in the U.S. each year.

Regular screenings for blood pressure, cholesterol, weight/BMI, and blood sugar are crucial. More advanced tests like ECGs, stress tests or Coronary Artery Calcium scans are recommended as risk factors or age increase to prevent issues like plaque buildup early, prompting lifestyle changes or treatment.



We can help!

ViaLife Home Health plays a huge role in helping patients manage heart disease - especially by keeping them healthier and safer at home.

- *Ongoing monitoring & early detection
- *Medication Management
- *Symptom Management
- *Disease Education & Lifestyle Support
- *Reducing Hospital Readmissions
- *Personalized Care Plans
- *Emotional Support & Confidence