



Spectrum
Health

Diabetes, COPD or Heart Failure?

Small changes can
make a big impact.

CoreHealth

spectrumhealth.com/corehealth

Core Health

Core Health is a free program for adults diagnosed with Diabetes, Chronic Obstructive Pulmonary Disease (COPD) or Heart Failure.



3,000 patients served since 2011



Personalized services available in English and in Spanish

Our dedicated team will work with you virtually, over the phone, or in your home to:



Improve your health



Create a plan



Find local resources



Monitor progress



Reach your goals

Program Eligibility

You may be eligible for this free program if you are:

- Diagnosed with diabetes, COPD or heart failure
- 18 years of age or older
- Living in Kent County or a patient of Greenville Family Medicine, Greenville IM/Peds, Belding Family Medicine or Lakeview Family Medicine
- Willing to make changes to improve your health



“My first goal was to lower my blood pressure. I learned about making changes in my diet, eating more fruits, controlling portions and not to eat processed foods. I was a nibbler, a late-night eater. And I learned not to do that.”

Joetta Harris
Core Health participant



“This is my passion, being able to watch people change. It’s like, ‘Wow, we did this together.’ There’s hope.”

Carmen Roman, Core Health team member,
speaking about Lillie Towns, Core Health
participant

To learn more, contact us today.

In Kent County Area:

Core Health Program
665 Seward Avenue NW
Grand Rapids, Michigan 49504

Phone: 616.391.6135
core.health@spectrumhealth.org

In Spectrum Health United Hospital and Kelsey Hospital Areas:

Core Health Program
1202 W. Oak St.
Greenville, MI 48838

Phone: 616.754.6185 or 800.406.4551

We'll walk alongside you to help you make
healthy changes in your life—one day at a time,
one choice at a time.

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844-359-1607 (TTY: 711).

رفاوتت ٺيوغللا ٺدعاسملا تامدخ نإف ؁ ءغللا ركذا ثدحتت تنك اذا : ٺطوحم 1.844-359-1607 (711 ٺٺبلا او مصلا افتاه ٺٺر). ٺٺرب لصتا . ن اءملا ب لئل