UVA-WorkMed provides Chronic Care Coaching to assist UVA team members and family members in managing chronic health conditions such as hypertension, heart disease, diabetes and morbid obesity.

Service Details:
- This service is a UVA Health System-sponsored benefit and there are no associated costs for team members or their families.
- Aetna coverage is not necessary for use of this service.
- Chronic Care Coaches also provide clients with information on Hoo’s Well resources, Aetna health programs* and how to utilize the full spectrum of Health System services and care.

*Requires enrollment in UVA Health Plan
Chronic Care Coaching

- The goal of the Chronic Care Coach is to assist UVA team members and family members in achieving a higher level of physical and mental well-being.
- The Chronic Care Coach teaches prevention, offers connections to resources and helps the client set and meet healthcare goals.
- Coaching provides a positive connection and supportive relationship that draws upon inner abilities and strengths to make lasting changes. The client determines the outcome, as well as the pace.
- Clients gain a partner to help them understand behaviors, identify challenges, set goals and develop action plans.

Contact us or schedule an appointment:

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