



Stay Connected & Healthy with Health & Wellness CareSignal!

Messaging Available
for Any Type of Phone



How Does Health & Wellness CareSignal Work?

- Health & Wellness CareSignal sends you simple text messages or automated phone calls to check in on your blood sugar and basic needs.
- Your responses are seen by your Care Team at GHCCM so they can reach out and support you when you need it most.
- You can receive messages or calls to your smartphone, landline, or basic cellphone.

How Do I Enroll?

- In the coming weeks, you will get a phone call or a text message to help you enroll in Health & Wellness CareSignal.
- Respond to the text messages to enroll in Health & Wellness CareSignal.

Why Should I Enroll in Health & Wellness CareSignal?

- A great way to stay connected with your Care Team between doctor appointments.
- Your messages arrive at a time that you choose. It only takes a few minutes each week to respond to messages.
- Health & Wellness CareSignal helps you stay healthy from the comfort of your home.
- Health & Wellness CareSignal is a free service. You will never pay for messages or phone calls!

Want to Learn More?

If you'd like more information about Health and Wellness CareSignal or need to speak to a nurse please call your care team.

Contact Number: 828-323-7917

If you have an emergency, call 911

Example Diabetes Messages

