



'I'm on track now to look after myself after my heart attack.'

**Cecelia 62,
Darling Downs**



'Good program for rural people like me to help me manage my diabetes.'

**Wayne 58,
North West Queensland**



Contact us

The SMOCC service is available:
Monday to Friday 8am-8.30pm
Saturday 8am-4.30pm

Call 13 HEALTH (13 43 25 84) and ask to leave a message for the SMOCC Service. You will be contacted as soon as possible.

To refer a patient:

Email SMoCC@health.qld.gov.au
Fax (07) 3259 8534

Please note, this service will call the patient from a blocked number and will attempt to contact the patient multiple times.



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The original artwork was produced for Queensland Health by Gilimbaa. Gilimbaa is an Indigenous creative agency.

SMoCC

Self-Management of Chronic Conditions service

Supporting a healthier you



SMoCC



How does it work?

The SMOCC Service is delivered over the phone so you can access it from anywhere in Queensland.

- A Registered Nurse will call you once a month for 4-6 months.
- They will talk to you about how to improve and reduce your health risk factors.
- You and your doctor will receive a letter summarising your session.

Risk factors your Registered Nurse will help you understand include:

- Blood pressure
- Cholesterol
- Blood glucose levels
- Nutrition
- Physical activity
- Smoking
- Medications

Is the SMOCC service right for you?

You are eligible if you are over 18, live in Queensland and have been diagnosed with:

- Coronary Artery Disease (angina, heart attack, stent, bypass)
- Type 2 Diabetes
- Pre-Diabetes
- COPD (Emphysema or Chronic Bronchitis)

What are the benefits?

The SMOCC service is proven to help you become healthier and prevent avoidable hospital stays. The service will support and encourage you to feel more confident and in control of your health, to become a healthier and happier you.



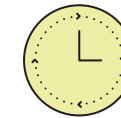
Free for all Queenslanders



Delivered completely over the phone



Delivered by Registered Nurses



Available after hours and weekends



Translators/National Relay Service available

