

## What is PositiveLinks?

PositiveLinks is a clinic-centered engagement-in-care program for people living with an eligible chronic condition.

PositiveLinks delivers self-monitoring tools, care coordination, and social support at no cost to its members through a tailored smartphone app.

The PositiveLinks app is installed on the member's smartphone.

## Who is PositiveLinks for?

PositiveLinks is designed for people with an eligible chronic condition who are:

- Recently diagnosed
- Returning after a gap in care
- Thinking about returning to care
- Missing clinical appointments
- Struggling with medication adherence
- Experiencing isolation or chronic disease-related stigma

## How does PositiveLinks work?

Use the PositiveLinks app for:

- **Self-monitoring:** Daily check-ins help to track medication adherence, mood and stress levels, and track lab results over time
- **Care coordination:** Appointment reminders and private messaging with your providers
- **Social support:** Find or offer support to other people living with a chronic condition in a private, anonymous community message board

### PositiveLinks

Your care providers can:

- View your self-reported medication taking, mood, and stress patterns
- Send you private messages within the secure app

## PositiveLinks Benefits

PositiveLinks services are offered at no cost to members, and support better chronic condition management for you and your care team.

Member benefits include:

- Tools to track your meds, mood, and stress
- Secure messaging with your care providers
- Access to a private community message board for people living with a chronic condition
- Appointment reminders
- Access to videos and other online resources

## How do I join PositiveLinks?

To find out if you are eligible, ask your case manager or care provider at the clinic.

If you qualify, the PositiveLinks liaison will enroll you in the program. Call **434.982.1700** for more information.

PositiveLinks uses warm technology to support living well with chronic conditions. This approach uses the power and reach of communication technology and keeps the focus on human connection and support.



## What PositiveLinks members say:

*“Extremely helpful with reminding me of my appointments, and connecting anonymously with individuals who are going through the same stuff I am.”*

*“When I see that I have those days in a row, six days a week, and that adherence, it makes me feel good.”*

*“Contact with my providers, sending them messages or calling directly to their phone. It’s been very, very helpful.”*

*“New people who join will be motivated to be more positive in their lives in terms of what they’re facing.”*

*“It also helps me to make the choice of whether I’m going to stay in that mood all day, if something went wrong, or choose to just move on.”*

*“I know somebody out there cares about how I’m feeling.”*



**PositiveLinks Liaison**  
434.982.1700  
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## PositiveLinks

A smartphone-based program that helps people living with chronic conditions connect to care, find support and keep track of medications

