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## What Arlington Residents Can Do After Being Diagnosed with a Chronic Condition

Being diagnosed with a chronic condition is often scary. It isn't uncommon to be frustrated, annoyed, or worried about what the future holds. However, that doesn't mean you can't live your best life. Presented by [Safety and Health Foundation](#), here's a look at what Arlington residents can do after being diagnosed with a chronic condition.

### Learn About Your Condition

When you're initially diagnosed with a chronic condition, research is your ally. Along with reviewing treatment options, you want to find out more about how the condition typically unfolds over time. That way, you can take preparatory steps if needed or use what you learned as motivation to follow your treatment regimen.

### Find Ways to Control Costs

Every chronic condition comes with a unique price tag, often costing [thousands of dollars](#) – if not tens of thousands – annually. Since getting proper care is essential, finding ways to control the related expenses is a must.

First, take a close look at your medical insurance. Review coverage levels, use-related conditions, and limitations. Check out your [deductibles](#), [out-of-pocket maximums](#), and [annual limits](#), too.

Next, when you need specialty services, shop around to find clinics that offer a high-quality experience for less. Additionally, comparison shop for your prescriptions whenever possible, as the cost for the same medication can [vary between pharmacies](#). You may also want to look for coupons or other discount options, especially if you have to use a [tier 3 or tier 4](#) drug. You can find some through sites like WebMD and [GoodRX](#), though those aren't the only sources.

By controlling the costs, you can make your care more affordable. As a result, you'll have an easier time following your doctor's guidance without creating a financial hardship.

### Focus on Self-Care

Chronic conditions are often a source of stress. That's why self-care is so vital. Along with maintaining your physical health, self-care activities can support your mental and emotional wellbeing.

In many cases, it's best to start with the basics. Hygiene routines are critical, as well as exercise and nutrition. If your chronic condition impacts how you can move or eat, speak with your doctor to come up with a plan you can follow safely.

After that, adding relaxation and joy into the mix is essential. Activities like meditation and yoga may reduce stress, making them worth considering. However, you should also embrace hobbies that make you happy, ensuring you can keep your spirits up.

### Find the Right Home

Some chronic conditions come with physical limitations. Whether you're experiencing those challenges today or may have to face them in the future, finding the right home is essential. In some cases, you may want to find an accessible home if your house isn't meeting your needs or exacerbates your symptoms. That way, you can live as comfortably as possible.

Once you find a new place, you may want to hire moving services, ensuring you don't have to handle the physically demanding part of a relocation. Before you meet with any local movers in your area to discuss your needs and get quotes, search for "[long distance movers near me](#)," for example, and read online reviews to evaluate your options. Then, reach out to get your quotes.

Always make sure that you get written estimates from moving companies and not just a commitment over the phone. Legitimate movers will come out for an in-home inspection to ensure their quote is accurate and will give you a copy in writing to review. If you aren't receiving that level of service, go with another company.