Ulcerative colitis causes inflammation and sores called ulcers on the inner lining of the large intestine. Complications can include rectal bleeding, dehydration and malabsorption, changes in bones, inflammation in other areas of the body, and a rare but serious complication known as mega-colon. People with chronic ulcerative colitis may also be more likely to develop colon cancer.

How can the Condition Management (CM) program help me?
If you have been identified with ulcerative colitis, you'll be assigned a health professional who specializes in your condition. The Viverae® clinical team of physicians, nurses, and registered dietitians regularly monitor changes in the standard of care guidelines, so your care plan is always up to date with the latest treatment and management methods. When you enroll in the CM program, your clinician prepares a care plan specifically for you, and will work with you to manage your condition and health.

What will my ulcerative colitis care plan help me with?
- Consulting with a physician on recommended actions
- Learning dietary changes you can make
- Planning and completing a colon cancer screening
- Determining if medications are needed
- If you smoke, discussing ways to quit smoking
- Being aware of the signs and symptoms of ulcerative colitis