

CARE NAVIGATION 2021

# Meet Care Navigation

Our Care Management team, composed of pharmacists, social workers, dietitians, nurses and care coordinators are here to help. Care Navigation, offered through Collective Health, is available at no additional cost to you.

When it comes to managing your medical care, sometimes a little extra help can make all the difference. Send us secure message through your Collective Health account, or give us a call to get started.

## **We're here to help manage your care**

When medical or emotional journeys get touch we are here to help you manage all parts of your care. Get support with any part of your care like finding and talking to your doctor, understanding your medications and understanding your treatment plans.

## **We're here to help you make a personalized plan**

Our Care Managers are experts and available to go over the details of your condition(s) with you, and develop a personalized plan to fit your needs.

## **We're here to help you connect to resources**

Our Care Managers can help connect you with resources. Whether you have complicated medical needs, emotional health needs, financial needs or any other need, we will help get you connected.

*\*Keep in mind that the Care Managers cannot provide clinical services such as diagnoses, treatments, or prescriptions.*



## What can Care Navigation help with?

The Care Navigation team is trained to help members handle just about anything, below are some ideas of how we can help - but if it's not on the list, call anyway!

- Mental health conditions
- Managing infusions, injectables, or multiple medications (such as for multiple sclerosis and rheumatoid arthritis)
- Pregnancy, newborn, or birth-related complications
- Gender affirmation surgery and services
- Genetic and rare conditions
- Transplant surgery
- Traumatic injury
- Developmental conditions such as autism
- Neurologic, cardiac, or gastrointestinal conditions
- Cancer
- Stroke
- Diabetes
- Asthma

We love to help so much, don't be surprised if we reach out to you!

Our team is available Monday-Friday,  
9am-6pm Pacific

**(833) 834-1170**