

## MEET CARE NAVIGATION

# Human support when your healthcare journey gets tough

Your coverage includes access to pharmacists, social workers, dietitians, nurses and care coordinators through Providence Health Plan Powered by Collective Health, at no additional cost to you. Sometimes a little help makes all the difference.

Care Navigation can support you to make health goals, put together a customized care plan and support you in your healthcare journey.

## We're here to help you...



### Manage your care

- Support you in talking to your doctors
- Help you understand your medications
- Help you understand your treatment plans
- Provide health & benefits education



### Make a personalized plan

- Support you in making goals to improve your quality of life
- Put together a customized care plan of these goals
- Support you in achieving the goals you choose to prioritize

*\*Keep in mind that the Care Navigation program cannot provide medical services such as diagnoses, treatments, or prescriptions.*



## What situations can we help you with?

We support you through many health concerns, including:

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

If what you're facing is not on this list and you need support, **contact us anyway.**

Our team is available Monday-Friday, 7am-5pm Pacific at **(833) 834-1170**, or send us a secure message from your Collective Health account.