



HEALTH *and* WELLBEING PROGRAM

At Your Health Navigator relationships are at the heart of the best care.

Our **Health and Wellbeing Program** provides a unique opportunity for you to speak with one of our friendly Registered Nurses to discuss your health concerns. They will listen and really understand what's important to you, to help you set meaningful and achievable health and wellbeing goals.

Throughout the program we will support you, and provide relevant information and guidance to assist in reaching your goals. We may also coordinate additional services to help you maintain safety and independence at home, which can provide an immediate improvement in your quality of life.

Our **Health and Wellbeing Program** is fully funded by your private health insurer.

Getting involved is easy.

An experienced Registered Nurse will contact you via telephone to discuss your current situation and your healthcare needs. Then, depending on your individual needs, our Registered Nurse may come and visit you in your home or refer you to other Your Health Navigator programs that would best support your immediate health concerns.

(Please see over the page for additional program options.)