

Women aren't getting the health care they need. So we're giving them free personal health navigators. Now that's Innovation

Health care is complex. As a woman, you have unique health needs. Needs that we feel deserve personal attention, understanding, support and someone who really listens — you know, an advocate.

That is why at Innovation Health, we've launched a women's health initiative. And our first step is to provide you with a personal women's health navigator. From primary care to oncology, we're going to ensure that you have a medical professional in your corner. Someone who is knowledgeable, available and who advocates for your better health.

We want you to be fully informed, supported and getting the care you need when you need it. Because that kind of health care is better for everyone.

Primary care provider (PCP)

- Selecting a PCP
- Physical exams
- Follow up for chronic condition

Behavioral health

- Integrated behavioral health care
- Substance abuse peer groups
- Prescription adherence

Wellness

- Online wellness sessions
- Wellness/annual visits
- Healthy living activities



OB/GYN

- Annual exams/preventive care
- Maternity needs
- Puberty

Cardiology

- Specialist access
- Rehabilitation clinics
- Home care

Oncology and breast cancer awareness

- Access cancer center of excellence, programs and treatment options
- New patient appointments and patient education
- Pre- and post-admission preparation, including pain management programs

How does it work?

It's simple! The program is provided at no additional cost, so you pay nothing more. And there is no need for a referral or any sort of precertification. You just need to follow these easy steps:

- 1** Call **703-639-4626** (Monday to Friday 9:00 a.m. – 4:30 p.m.) and leave a voicemail for a personal women's health navigator.
- 2** Your personal women's health navigator will contact you within 24 to 48 hours to help with care coordination.
- 3** Your personal women's health navigator will contact your local health system to help with your coordination of care.

Contact your benefits administrator for more information.

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