

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. And women 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 women in the D.C. Metro area with a personal women's health navigator. From primary care to oncology, we're going to ensure that every female Innovation Health member has a medical professional in her corner. Someone who is knowledgeable, available and who advocates for their member's better health.

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

Primary care physician (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 and your employees pay nothing more. And there is no need for a referral or any sort of precertification. Members just need to follow these easy steps:

- 1** Members 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** The personal women's health navigator will contact the member within 24 to 48 hours to help with care coordination.
- 3** The personal health women's navigator will contact the local health system to help with coordination of care for the member.

Contact your Innovation Health representative for more information.

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