



Health Navigator, powered by PinnacleCare

Who is the most important person on your care team? You are.

Are you living with a chronic condition, or have you been diagnosed with a serious illness or injury? To get the best outcome, you'll want the best team of healthcare providers managing your diagnosis and treatment.

But a lot of people don't remember the most important member of the care team—you! You can have an expert care team, but you need to take an active role in your care to get the best outcome. With the added support of Health Navigator, you also have the peace of mind that the decisions you're making are the best for you.

Invest in your care

Make an investment in your health by being an informed, active partner on your healthcare team. These steps can get you started:

Learn about your condition



Use reliable, evidence-based sources to learn about the condition you've been diagnosed with like the [National Institutes of Health](#) and [Medline](#). You can also ask your healthcare provider to recommend resources.

Your Health Navigator Care Advisor is another great resource you can trust for objective information and advice.

Ask questions



Don't be afraid to ask your healthcare providers questions about your diagnosis and their treatment recommendations. You can ask if any other condition could be the cause of your symptoms, if there are other effective treatments you can consider, what test results mean, and what your next steps are.

A Care Advisor can help you craft a list of questions and help you make sense of all the answers you receive.

Commit to your care



You are the only one who can make sure your care plan is followed. Take your medications as prescribed. Go to all follow up appointments. Get all your diagnostic and screening tests completed. Work to eat a healthy diet, get regular activity, manage stress, and get enough good sleep.

Health Navigator is here to help you throughout your health journey, including finding new doctors or specialists, answering questions about your treatment plans, and more.

This benefit is available to all employees and retirees who are enrolled in one of the CCMHG health plans.



For more information, contact a Health Navigator Care Advisor today. Visit pinnaclecare.com/cape-cod or call **888-442-7380**. Representatives are available Monday-Friday, 8:00 a.m.-6:00 p.m. (ET).