



NURSE NAVIGATOR

LEADING YOU TO WELLNESS

LIFE HAPPENS! Lafayette General Health (LGH) has a Nurse Navigator, Hester Thomas, RN, to help LGH health plan members and their families handle serious illnesses and chronic health conditions, including diabetes, hypertension or heart problems. Trained and supported by Advanced Plan for Health (APH), the Nurse Navigator is your personal advocate.

This unique, confidential health management program is designed to provide you with personalized support, and help you navigate the healthcare system to get the resources you need.

THE NURSE NAVIGATOR CAN

- Assist you in finding a primary care physician or specialist
- Help you and your family understand your diagnosis and treatment options
- Ensure you have the information you need to make knowledgeable decisions
- Call and remind you of your doctor's appointment, and even attend the appointment with you, if needed
- Help with insurance questions
- Provide potential cost savings on out-of-pocket medication expenses and co-pays
- Help you develop personal health goals to get more active, control stress, improve food choices and normalize your weight
- Can assist you with registering and completing the steps in the Lafayette General Health Wellness Portal

FREQUENTLY ASKED QUESTIONS

Is the Nurse Navigator Program confidential and effective?

Yes. The Nurse Navigator is trustworthy and able to help you obtain the services and support you need. We call this the "local advantage" – because the Nurse Navigator knows local health providers and resources to help you navigate through health system complexities.

How much does it cost?

There is no cost for participating.

Will I be locked into a pre-set program?

No. The program is flexible and personalized to fit your lifestyle, and what works best for you.

Are my dependents eligible for the program?

Yes, dependents or spouses covered on the LGH health plan are eligible. Please reach out to the Nurse Navigator if a family member has a chronic or complex ongoing health problem.

How does this program work with my physician?

With your permission, the Nurse Navigator will work closely with your physician(s).

GET STARTED TODAY!

Contact Hester Thomas, RN, at:

(337) 571-0199 or hcthomas@lgh.org



LafayetteGeneral.com | Wellness.LGH.org