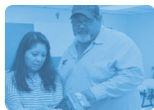




**Do you  
need  
help with  
your  
HEALTH  
CARE?**

**FIND YOUR PATH TO BETTER HEALTH**  
No fee for qualifying individuals.



## A Community Health Worker can help connect you to local resources and services.

### If you are:

- 18 years of age (*or older*) or pregnant;
- live in Ottawa County (*including 49423 zip code*);
- enrolled in or eligible for Medicare and/or Medicaid;
- and have two or more chronic health conditions (*such as diabetes, depression, anxiety, heart disease, arthritis, asthma, hypertension or long-term pain*);

**CALL TODAY!**

**(616) 393-5601**

Se Habla Español

[www.miOttawa.org/OPBH](http://www.miOttawa.org/OPBH)



**Community Health Workers** (CHWs) are trusted members of your community who understand your needs and will serve as a link for you to health and social services.

### A CHW will:

- meet with you at your convenience,
- help you set health goals,
- guide you through the health care system,
- link you to medical care for your specific needs (*primary, dental, specialty, mental health, substance abuse treatment*),
- help you manage your health conditions and prescriptions,
- help you reduce hospital and emergency room visits,
- link you to community services and resources (*food, clothing, housing, financial and utility assistance, transportation, education, employment*),
- and much more.



*Ottawa Pathways to Better Health is a collaborative effort between hospitals, health care and human service agencies in Ottawa County.*