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

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.