



# We're here for you.

Harvard Pilgrim's Care Team can help address your health concerns and alleviate worries

## Here are common questions our Care Team can help answer:

- Do I have more treatment options?
- What are my costs if I have this procedure?
- I have multiple health issues. Can you help me figure this out?
- How do I manage the side effects of my medications?
- I am feeling overwhelmed. Will you listen and help me make sense of it all?

Sometimes you feel confident and capable of handling anything that comes your way. Other days, you're not sure what to do when it comes to taking care of yourself and your families' health needs. It can be difficult to know – or even admit – when you might need some help. Not to mention where to start or how to ask for it.

Whether you're coming to terms with a new diagnosis, living with a chronic condition, contemplating a procedure or maybe even facing hospitalization soon – we can help. Perhaps you're newly pregnant or are struggling with Diabetes, asthma, or staying on top of your medications. No matter what you're facing, please know that you're not alone.

**We've got this!** We're here as your guide. Our **Care Team of registered nurses, clinical social workers and certified health coaches** work closely with members like you every day. In fact, we're already part of your plan and available to support you all the way. We'll also connect in the ways most helpful to you: your native language and preferred means of communicating (phone, email, or by secure mobile app).



**Call us now**

**(866) 750-2068**

**Let's get started taking care of you.**