



## VEBA RESOURCE CENTER

# YOUR CARE NAVIGATOR

Contact a VEBA Care Navigator today, **because you're worth it!**

## YOUR ADVOCATE FOR GOOD HEALTH

Your experience at the VEBA Resource Center starts with a visit to your Care Navigator, a registered nurse focused on a holistic approach. Share your unique story, values and experiences with your Care Navigator and together, you will create a tailored plan for a healthy body, mind and spirit.

---

*Together, you  
and your VEBA  
Care Navigator  
will create a plan  
for a healthy  
body, mind and  
spirit.*

---

Your Care Navigator is your greatest health advocate who will work on your behalf to make sure you receive the help you need to reach your goals. Your Care Navigator will help you stay accountable and pick you up if you slip—always without judgement—because the goal is to make you healthier and happier!

## CARE NAVIGATOR SERVICES

Here are some of the services your Care Navigator will provide:

- Conduct an integrative health and well-being assessment
- Co-create a tailored care plan, with you, to address your overall health and well-being needs and goals (e.g. physical, psychosocial, financial and legal)
- Guide members to find appropriate resources
- Offer immediate in-house resources
- Schedule follow-up appointments (phone or in-person) to monitor and help implement your personalized care plan
- Motivate members to overcome obstacles or barriers to living their best lives
- Support and encourage members, who are already experts in their personal needs, to build on individual strengths

Contact a Care Navigator to start your journey toward a healthier and happier you!

\*Please note that all visits to the VEBA Resource Center are strictly confidential.

## VEBA RESOURCE CENTER

1843 Hotel Circle South, San Diego, CA 92108 • 619-398-4220 • [vrc@mcgregorinc.com](mailto:vrc@mcgregorinc.com) • [vebaonline.com](http://vebaonline.com)