



For members of the
Catholic Health Medical Plan



A Wellness Navigator
can help you find a doctor,
fill your prescriptions,
and stay healthy.

Resources for Employee Navigation, Engagement & Well-Being (RENEW) is a free comprehensive **health and wellness resource** that helps hospital employees and their families get the most from their benefits.

When you enroll in RENEW, you work with a Wellness Navigator one-on-one over the phone. Your Wellness Navigator helps you find the specialist you need, the best prices for prescription drugs, and the help you need to stay on your plan of care and out of the hospital.

Wellness Navigators can assist you in finding providers and facilities within Catholic Health.

Your Wellness Navigator works with your doctor to make sure your health data is error-free.

If you have more than one doctor, your Wellness Navigator makes sure all of your doctors, your hospital, your therapists, and other providers have the correct information about your health and care. This coordination makes diagnosis and treatment more accurate, more effective, and less expensive for you.



One member was having trouble managing the day-to-day demands of her new breast cancer diagnosis. A Wellness Navigator helped her schedule surgeries with in-network surgeons and provided therapeutic listening as the member underwent diagnostics. The member was able to complete all necessary testing and reports, and be ready to beat cancer.

Even for hospital employees, it isn't always easy to navigate health care.

That's where a Wellness Navigator can help. You can contact a Wellness Navigator if you are enrolled in a Catholic Health Medical Plan.

Your Wellness Navigator is employed by Catholic Health. Wellness Navigators adhere to Catholic Health's Privacy and HIPAA policies. Only authorized care team members directly involved in your care will have access to your information.

You might need a Wellness Navigator if:

- You have a health condition that places you at high risk of developing more serious health issues.
- You have a chronic health condition, requiring several specialists to work together.
- You experience a severe health episode, and you suddenly need to find new services you've never used before.
- You were recently discharged from a hospital and have questions about your care.

If you think you or a covered family member can benefit from working with a Wellness Navigator, call (631) 465-4300 or e-mail renew@chsli.org.

If you would like to learn more about RENEW, visit us on the Intranet. And if you get a call from a Wellness Navigator, answer it! It might be exactly what you need.

Your relationship with your Wellness Navigator is completely **confidential**.

How can I be sure my health information stays private?

Wellness Navigators will keep your personal data confidential. A Wellness Navigator will never give personally identifiable health information to your employer without your permission.

Will a Wellness Navigator Contact Me?

If you or a covered family member enrolled in a Catholic Health Medical Plan could benefit from additional guidance or support, a Wellness Navigator may reach out in the coming months to share information about the program. Take the time to talk-your Wellness Navigator is your advocate.

Can I contact a Wellness Navigator directly?

If you are a Catholic Health employee enrolled in a Catholic Health Medical Plan, you can contact a Wellness Navigator to discuss your care, your physicians, your prescriptions, and more.

While this program is especially useful for people with acute or complex chronic conditions, a Wellness Navigator can help answer questions about your care and find the resources you need.



RENEW's Objective

To be a valued department by empowering each other to improve the health, well-being and health equity of our community. Every day, we commit to enhancing quality and reducing cost. By bringing together our experiences, diverse backgrounds, innovation, patient-centered focus and faith-based compassion, we will achieve this together.