

Your Primary Care Physician (PCP) has invited you to be a part of a very special program.

As an MVP patient you will benefit from the assistance of a Nurse Navigator who will:

- Help coordinate your healthcare services.
- Assist you with managing your medications.
- Help you follow your PCPs care plan.
- Review your medical conditions with you and provide education.
- Help you find and utilize available resources that offer you the support and social services you may need.

Your MVP Nurse Navigator will contact you soon to get things started.



IF YOU HAVE QUESTIONS OR WANT MORE INFORMATION, CALL: **1-844-TANDIGM**

Health is on the way.

Tandigm Health is an organization that empowers PCPs to provide patients with quality and efficient healthcare. One of the ways we do this is by making additional resources available, such as a MVP Nurse Navigator.

Helping patients get healthy and stay healthy.



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Most Valuable Patient Program

Designed for patients with complex healthcare needs who would benefit from additional attention and support of a dedicated Nurse Navigator.



Your dedicated MVP Nurse Navigator works with your PCP and the office staff.

The Nurse Navigator may see you at the practice when you are scheduled for an office visit or may visit you in your home if more appropriate.

The Nurse Navigator will have regular communication with your PCP, specialists and others caring for you, such as home care nurses and therapists.

Your Nurse Navigator works with a social worker who is available to help with any social service needs you may have.



You, your family and your caregivers are at the heart of your care team.

You can help us better assist you by:

- Involving your family and/or caregivers in your visits and discuss your treatment plan with them.
- Bringing medications (both prescription and over-the-counter) with you to your appointments.
- Taking medications as prescribed by your PCP. Let us know of any concerns about your medications.
- Keeping scheduled appointments. Let your Nurse Navigator know if you need to cancel or reschedule.



Play an active role in getting healthy — and staying healthy.

- Communicate with your nurse navigator about any hospitalizations, specialist visits, or diagnostic tests you may have.
- Let the team know of changes in your treatment plan, medications, or health.
- Call your PCP right away if you experience an urgent problem.
- For true medical emergencies, like shortness of breath, loss of consciousness, severe abdominal pain or wounds that won't stop bleeding, you should contact the closest urgent care center.

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