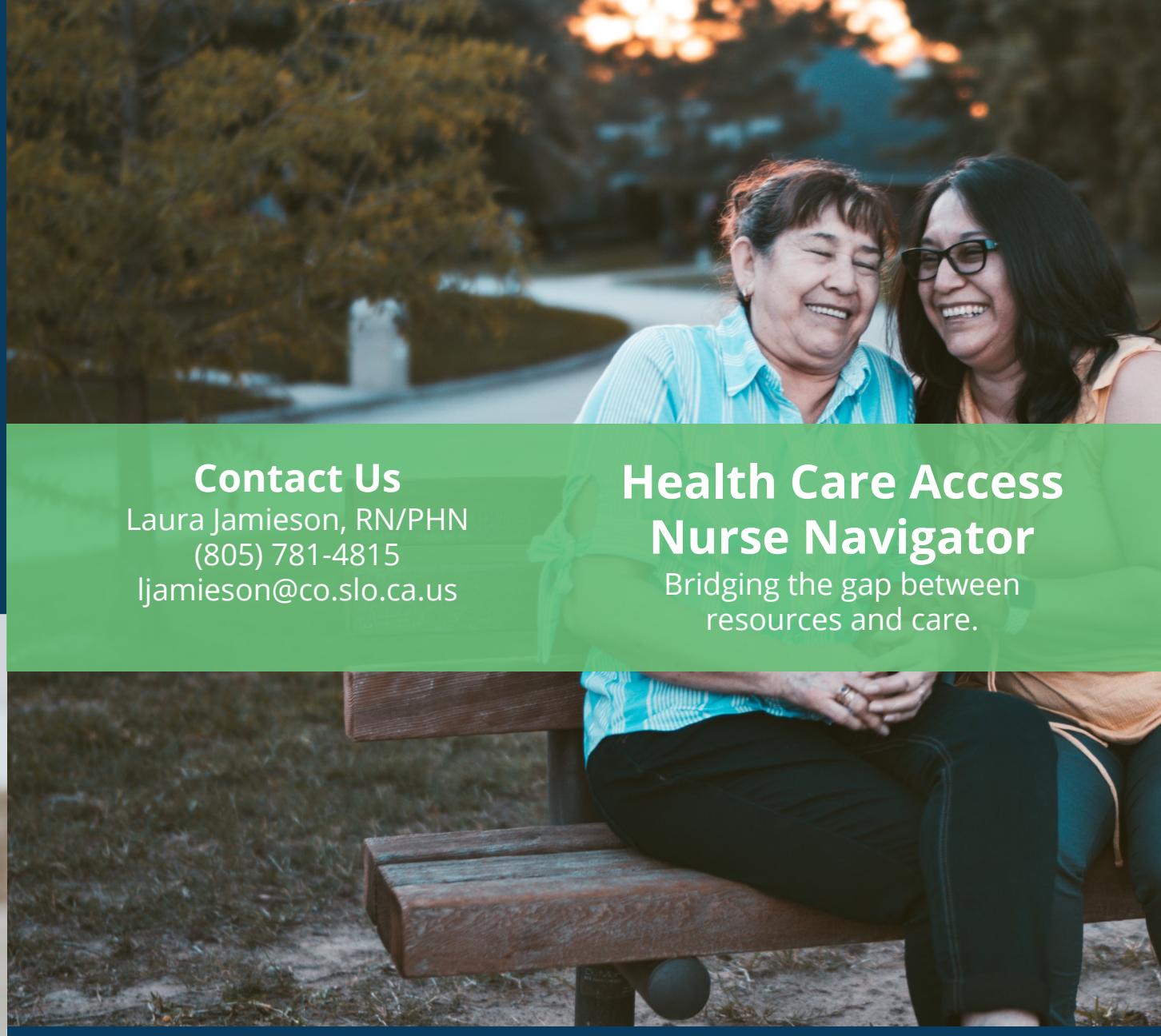## Why Navigators ?

Ever feel like just getting health care has become a maze? Getting health care can be confusing. You may feel without direction, like a ship at sea, bobbing on the waves. How to get started and end up with the care you need?

The Health Care Access team knows that people need help understanding how to navigate our health care system. If you have questions, our nurse navigator will help find answers free of charge!

Contact Us
Laura Jamieson, RN/PHN
(805) 781-4815
ljamieson@co.slo.ca.us

Health Care Access Nurse Navigator
Bridging the gap between resources and care.

County of San Luis Obispo Public Health Department
2180 Johnson Ave.
San Luis Obispo, CA 93401

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COUNTY OF SAN LUIS OBISPO HEALTH AGENCY
PUBLIC HEALTH DEPARTMENT

Navigators Can Help Providers with:

- ✓ Patients without health insurance.

- ✓ Patients new to the area and in need of resources. Personalized plan of care needs.

- ✓ Connecting patients to free or low-cost services. Immigrants in need of services.

- ✓ Phone or in-office case management for patients.

ⓘ Nurse Navigators Help:

- – Answer questions about health insurance options.

- – Find providers who take your insurance.

- – Assist with finding low-cost or free services.

- – Solve problems with providers.

- – Plan a route to a desired health result.

- – Enroll in health insurance.

- – Assist you with filling out medical forms or finding answers to your health care questions.

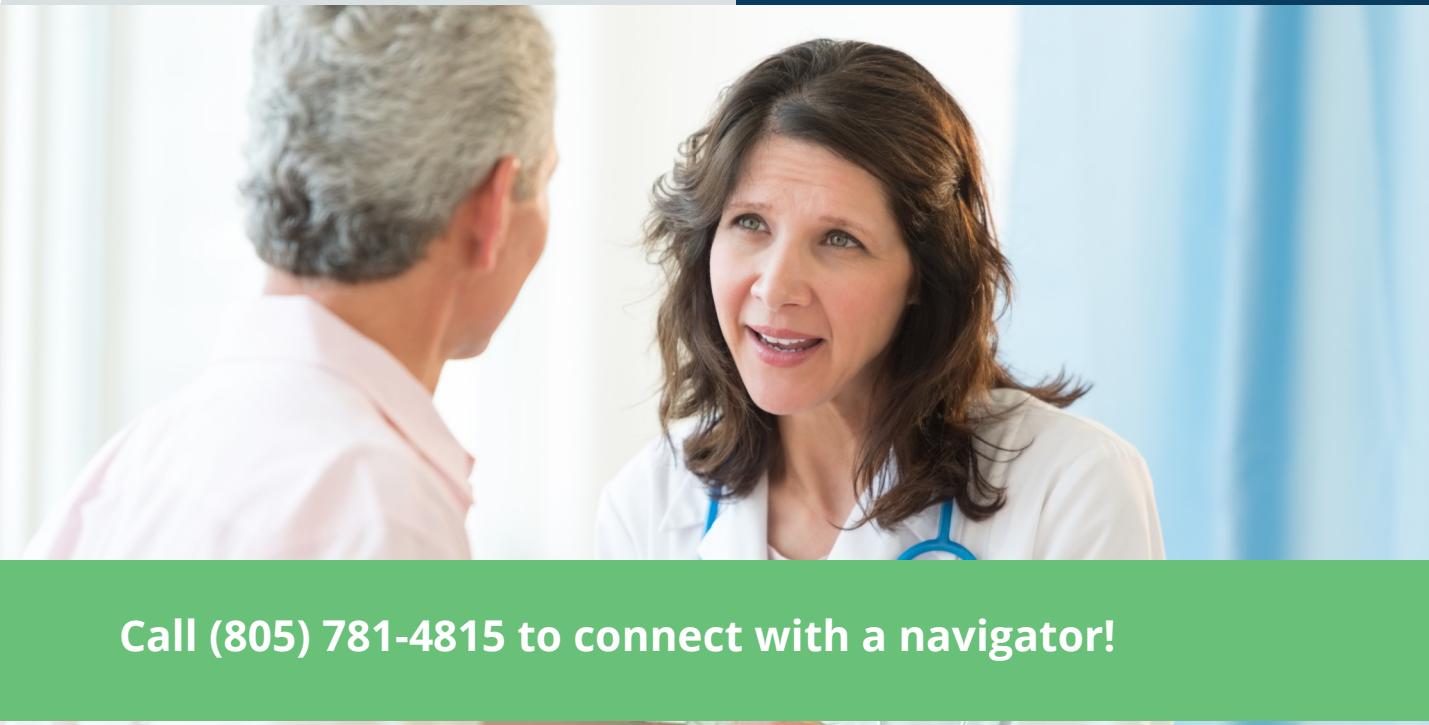- – Find covered medicine through your insurance.

What is Health Care Access?

More people qualify for free or low cost health insurance than ever before, thanks to the Affordable Care Act (ACA). These plans are mostly offered at a lower cost and some are free to those who qualify. But having insurance is just half the battle!

Knowing where to find providers who take your insurance and making an initial appointment can be exhausting. What about someone who has just received a new diagnosis and needs specialized services or help?

The Health Care Access team knows the resources available to connect you with the care you need.

Call (805) 781-4815 to connect with a navigator!