

**Have you ever left the doctor's office wishing you had asked just one more question?**

**Are you a new mother unsure about what you need to do for your baby?**

**Are you confused about when to schedule well child exams, immunizations and other preventive health efforts?**

**Does your child have a chronic illness that needs special attention?**

**Do you want to be more active and involved in your child's health?**

**Would you like a direct line of communication with your pediatrician's office?**

If you answered yes to any of these questions, you are not alone. Stony Brook Children's understands that these are some of the things that busy families worry about.

To help you, we have created a free service called Keeping Families Healthy. It gives you the information, resources and support to discuss health concerns or simply make the best choices in your child's daily life to encourage a healthy lifestyle — all in the privacy of your own home. Instead of traveling to one of Stony Brook's offices or taking time off from work, our representative comes to you at a time that's most convenient and in the place where you are most comfortable.

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**An important note:** Some of our community health workers speak Spanish. If you are a Spanish speaker, you will receive information in Spanish. Your community health worker can also help you talk with your doctor.



# KEEPING FAMILIES HEALTHY

**A New Program to Help You Keep Your Children Healthy**

**For more information,  
call (631) 444-7307 or (631) 553-0429.**

Para solicitar mas informacion,  
llame (631) 521-6299.

*[stonybrookchildrens.org](http://stonybrookchildrens.org)*



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**Stony Brook  
Children's**



## About the Program

Keeping Families Healthy is a program for eligible infants and children up to 18 years of age who are receiving care through Stony Brook Children's Hospital. Created by your child's doctors together with Stony Brook Children's, the program is designed to help you get information, connect with your child's doctor and navigate the sometimes confusing healthcare system.

Keeping Families Healthy acts like an extension of your pediatrician's office by providing a community health worker who meets with you to help with things you can do — outside of the actual doctor's visit — to keep your children healthy.

Because the meetings between you and the community health worker are one-on-one, the information you receive is tailored for you and your child. Your child's age and whether he or she has an illness such as asthma, diabetes or obesity are considered and will determine what special information you will receive.

The community health worker is here for you and your family with the goal of helping your children develop lifelong good health habits.

Keeping Families Healthy — at Stony Brook Children's, that's what we do.

## Community Health Workers' Areas of Focus

- *Newborn care*, which involves frequent visits during the first two months when parents usually need more education about care and support.
- *Well child/adolescent care*, including things like immunizations, developing healthy habits, preventing disease and building a relationship with a pediatrician.
- *Management of chronic disease*, which may involve teaching and management of the many appointments children with chronic diseases typically need.

## What to Expect

A community health worker, who works with your child's doctor's office, will call you to set up the first meeting. To make it easier for you, arrangements will be made to meet with you at your home at your convenience. At the first meeting, the community health worker will ask for health information important to your child's care. This meeting is a good time for you to ask questions or talk about your concerns. Depending on your family's needs, the community health worker can:

- Answer your questions about vaccinations and schedules for well visits
- Assist in coordinating multiple appointments or set up a schedule of visits
- Help make follow-up appointments with the doctor
- Check-in with you by phone
- Follow up after a doctor's visit to make sure you have what you need
- Connect you with resources available at Stony Brook Medicine or in your community
- Give you health and wellness instruction
- Help you with questions you may have

## Frequently Asked Questions

### Will the community health worker deliver healthcare?

No, community health workers are not doctors, medical professionals or social workers. They are specially trained representatives from your Stony Brook Children's doctor's office. Their job is to be the "go-between" for you and your child's doctor. They provide you with the tools and information to help your family be as healthy as possible. Your child's doctor will deliver the healthcare.

### Who can take part in the program?

Infants and children through 18 years of age who are patients at Stony Brook Children's may be eligible for the program.

### Why do the visits take place in my home?

Often, people are most relaxed and comfortable in their own homes. When you are comfortable, you may ask more questions, feel more at ease with the community health worker and more easily take in information. The community health worker will always respect your environment and privacy.

### Is there really no charge for this service?

Yes, it is a free service sponsored by Stony Brook Children's and supported by a grant from Healthcare Efficiency and Affordability Law for New Yorkers (HEAL NY 6).

### How do I sign up?

If you have received this brochure, you may have already been contacted. You don't have to do anything else. The community health worker will call you to set up an appointment. Or, let your pediatrician know; he or she can add you to the list and arrange for you to be called by the community health worker.