



## Winning team

Health means more than just the absence of illness. That's why Innovation Health cares about the whole person — body, mind and spirit. We focus on helping everyone reach their health goals. So they can enjoy their very best health at every stage of life.

The Innovation Health Multi-Disciplinary Care Team is your connection to a new approach to your health. Working with a nurse care manager, your doctors will know what you need. This will help you avoid unnecessary or ineffective services. While helping us find new ways to help you achieve your goals.

### Here are some ways we can help you:

- Empowering and inspiring you to meet your personal health goals
- Helping you navigate a complex health care system
- Streamlining care and outreach
- Identifying additional services or programs that could be beneficial to your care

Our program supports you with a care team of nurses, social workers, diabetes health educators and pharmacists who listen. They work with your health care provider to help identify any barriers to your care goals and find ways to address them.

Your team will make sure that all your care works for you and that you're receiving the most effective and affordable treatments.

### Here's how you can make the most of this program:

- Meet with or speak to your personal nurse care manager regularly.
- Engage with other members of your care team.
- Give us feedback so we can improve the program and support you as effectively as possible.

Remember — we're committed to working with you and your doctors to help you get the care you need.

Here's to helping you become your best you.

**Have questions? Just call 1-888-236-6249.**

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**Help/contact us:**

If you have any questions, please call **1-888-236-6249**.

We are located at 3190 Fairview Park Drive, 5th Floor, Suite 570, Falls Church, VA 22042.

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