

Health & Wellness Navigation™

Keeping residents on course for total well-being.

At Heritage Pointe residents and their families can rest assured there's an effective program in place to help maintain a healthy lifestyle and navigate any medical challenges that may lie ahead: **Health & Wellness Navigation™.**



How It Works

With Health & Wellness Navigation™, trained wellness Navigators partner with residents to efficiently, professionally and reliably anticipate needs and address them. From day-to-day nutrition, fitness and life-enriching activities to preparation and follow-up for outpatient and hospital care, assistance is always nearby.

Always There in Times of Need

Navigators coordinate with resources as needed, ensuring peace of mind and confidence about the future. For example, after elective surgery, a Navigator will coordinate services like transportation, follow-up appointments, post-acute care or in-residence wellness checks and delivery of specific nutritional meals prescribed by the resident's physician.

Health & Wellness Navigation™ takes the burden off families, knowing the program is there to assist residents whenever care is needed—inside or outside Heritage Pointe Assisted Living and Memory Care.

Benefits of Health & Wellness Navigation™

For residents—Living life to the fullest is easier and more carefree with Health & Wellness Navigation™ to provide access to total wellness programming and manage and coordinate any health care needed inside or outside the community.

For families—Peace of mind comes with knowing Health & Wellness Navigation™ ensures that all day-to-day wellness needs and unexpected health emergencies will be met with a professional who knows just what to do for your loved one.



Health & Wellness Navigation™

Here are answers to three frequently asked questions about the program.

Q: What does it do for residents?

A: Health & Wellness Navigation™ is designed to offer any assistance residents could ever need managing their own health and well-being—from optimal nutrition to exercise regimens and wellness programming. We make sure prescriptions are filled on a timely basis and provide assistance with medication management. Other communities offer that, too, but we're here to meet the health care needs residents cannot predict. For example, if hospital care should ever be needed, we offer one-stop service—arranging transportation and any follow-up care required—inside or outside Heritage Pointe. As experts in health care reimbursement, we not only provide residents with the necessary care and direction, but also provide a detailed explanation of all the benefits available under the Medicare program and other insurance plans.

Q: What does it mean for families?

A: As your loved one's health changes, Health & Wellness Navigation™ will be there when you can't be—to assess needs and help you make wise and informed health care decisions. As a family member, you'll experience the peace of mind that comes with knowing a Navigator is always nearby looking out for your loved one.

Q: What does it cost?

A: Health & Wellness Navigation™ is an added benefit of living at Heritage Pointe. The exceptional services offered under this program are provided at no additional cost to your monthly fee.



It's your journey. We're here to help you navigate it.
Speak with a wellness navigator—your next step is just a phone call away. Call 949-676-6860 today.

Heritage Pointe
LOVE LIFE AT EVERY POINTE



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