

Get started today with the extra support you need



## Personal support for your health

Your nurse care manager is here for you

Checking into the hospital? Dealing with injuries from an accident? At times like these, it helps to have someone in your corner. And now you do. ***Did you know that your Union has helped bring this free benefit to you?*** Your nurse care manager can help you and your family with all of these needs and more — it's all part of your health benefits.

You can get the support you need to:

- Prepare for a hospital stay and follow your doctor's care plan.
- Cope with injuries from an accident.
- Handle a serious or complex condition.
- Take control of chronic health conditions such as diabetes, heart disease or asthma.
- Plus, you'll have access to a team of trained health professionals like dietitians and pharmacists — dedicated to your personal care.

## Need a helping hand?

Call **1-800-939-7515** to start getting the support you need!