

# COMMUNITY HEALTH NAVIGATOR

## What does a Community Health Navigator (CHN) do?

A Community Health Navigator (CHN) helps adults who have more than one long-term health problem. They work with you for a short time to help you find support, learn new things, and make a plan that works for you. A CHN can also help you find programs or services in your community. They are part of your health care team and want to help you live your best life.

## What can I expect at an appointment?

Appointments can happen:

- In person at the Edmonton West Primary Care Network Central Office
- By phone or secure video
- In your home or community

The length of the appointment depends on what you need.

At your appointment, the CHN may:

- Talk with you about your health and what you need help with
- Help you set goals and make a plan that works for you
- Share ideas to help you reach your goals
- Help you find other people or services that can support you
- Check in to see how things are going

## How do I get an appointment?

Someone from your health care team, like your doctor or nurse, needs to send a referral. After that, we'll contact you to book your visit.

These services are free and covered by Alberta Health Care.

Note: CHNs do not diagnose illness or provide medical treatment.