

Pathways to Better Health

YOUR HEALTH IS OUR PRIORITY

Do you need help with health care? Do you feel like there is nowhere to turn and no one to ask for help?

We can assist! Under our Pathways to Better Health program, we can connect you to community programs and services to better your health. **It's completely FREE** for those who qualify!

A Community Health Worker will:

Contact You

Meet with you at your convenience, help you set health goals, complete a program assessment and ensure eligibility.

Guide You

We will help link you to medical care and show you how to navigate the healthcare system.

Help You Manage Your Health

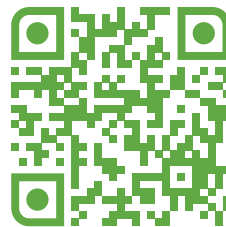
We will help you manage your health conditions, and appointments. We can also help you seek community help for food, clothing, housing, financial and utility assistance, transportation, and employment.



Who is Eligible? You're eligible if you are:

- ✓ 13 years of age or older. If you are a minor, you will need parent or guardian authorization.
- ✓ Have two or more chronic health conditions. Conditions can be self-identifying. (For example, you do not need a physician referral)
- ✓ Live in Clinton, Gratiot or Montcalm counties. You must also have the desire to improve your overall health and well-being, thus reducing hospital and emergency room visits.

SCAN AND
COMPLETE YOUR
REFERRAL ONLINE!



www.mmdhd.org/pathways



Clinton County
989-287-1840



Gratiot County
989-506-2631



Montcalm County
989-506-2631



FAQ's

What is a Community Health Worker?

Community Health Workers (CHWs) are trained to address a variety of concerns. They are problem solvers who understand your needs and can connect you to health and social services programs. A CHW will meet with you either in person, virtually or by phone to help you set goals, make a plan, apply for needed services, and connect you with community resources.

How Can Pathways to Better Health Benefit me?

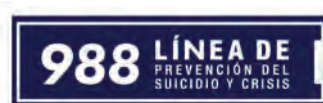
Trying to manage chronic conditions and hardships can be overwhelming to anyone. With Pathways to Better Health, you are not alone. CHW's provide a one-on-one approach to help with a wide variety of services such as medical care and insurance, food assistance, housing, utility bills, transportation, employment, and so much more.

What if I Feel Like I'm Having an Emergency?

If you are suffering from a medical emergency, please call 911 or go to your nearest Hospital or Emergency Room. If you feel like you are having an emergent crisis, or thoughts of suicide, there is hope and help available — you are **never** alone. Call or text 988, the National Suicide and Crisis Lifeline available 24/7, 365 days a year.


**Mid-Michigan District
HEALTH DEPARTMENT**

CLINTON • GRATIOT • MONTCALM



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