



Navigators are nurses who can help you navigate your personal health situation, whatever it may be. From big to small, we can help with it all!

Check out the below list of services. They are here for you!



## NAVIGATORS INCLUDED SERVICES

- Finding in-network providers
- Assisting with appeals and prior authorizations
- Reviewing and monitoring claims
- Obtaining medical and prescription orders
- Coordinating medical, prescription, or durable medical equipment supplies
- Assisting with scheduling of appointments and follow ups
- Helping with post-discharge needs
- Monitoring inpatient admissions
- Monitoring high cost medications and medical treatment
- Researching community resources such as:
  - **Utilities**
  - **Rentals**
  - **Medicaid programs**
  - **Support Groups**
  - **Clothing**
  - **Food banks/SNAP program**
- Oversight and collaboration with Kairos partner case management programs
- Redirection of care, if necessary
- Attendance at onsite biometric screening events with follow up and outreach

### PLUS: Mental Health Support

- Finding in-network mental health providers
- Coordinating with the employee assistance program (EAP)
- Helping with mental health discharge coordination

IF YOU NEED HELP FROM KAIROSPRO NAVIGATORS, CALL OR EMAIL US.  
**888.331.0222 OR [nurse@kairoshealthaz.org](mailto:nurse@kairoshealthaz.org)**