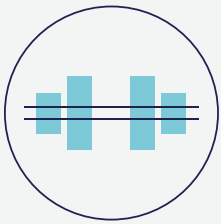


THE HEALTH CARE NAVIGATOR:

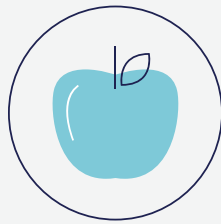
ASSISTING RESIDENTS WITH THEIR WELLNESS NEEDS

Offering the services of a Health Care Navigator is a critical component of our commitment to providing a holistic, comprehensive approach to senior wellness.

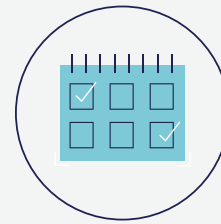
Below, see all the ways our Health Care Navigator offers residents assistance with their health care needs.



The Health Care Navigator connects residents to appropriate fitness team members for evaluation and helps to tailor a suitable exercise plan, unique to the resident's preferences, abilities and fitness level.



He or she may coordinate appointments with staff nutritionists for diet and nutrition consultation and supervise the development of a nutrition plan created specifically for the resident's tastes and nutritional needs.



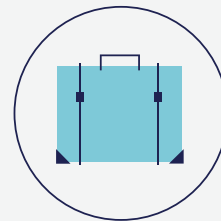
As a liaison for all health care services, the Health Care Navigator may schedule health and medical related appointments and services for residents, including transportation to and from the community.



He or she coordinates transfers and paperwork for residents going to the hospital or another off-site health care provider.



The Health Care Navigator provides assistance with securing appropriate health services and transfers to higher levels of care within the community.



As part of the move-in process, the Health Care Navigator makes arrangements with new doctors and specialists for residents relocating from outside the area, or residents that require a new type of specialty care.

For more information about how our Health Care Navigator ensures a smooth experience for all residents, from fitness and nutrition to specialty care, please contact us today.