



A New Benefit for You from Northwest Sheet Metal Workers Health Care Trust

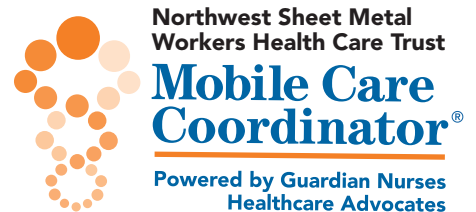
Starting in February, a nurse from Guardian Nurses will be your **Mobile Care Coordinator**. She will be reaching out to you to offer her help when you're dealing with a healthcare problem. She'll even be able to go with you to the doctor!

If you or a loved one is struggling with a healthcare issue, you can make a confidential call to the MCC. But don't be surprised if the nurse calls you first! She wants to help members of Northwest Sheet Metal Workers Health Care Trust and their covered dependents to get the healthcare services they need. She can:

- **VISIT YOU AT HOME** or in the hospital to assess your care needs.
- **GO WITH YOU** to see doctors, to ask questions and to get answers.
- **BE YOUR GUIDE**, coach and advocate for any healthcare issue.
- **MAKE APPOINTMENTS** so you can be seen as quickly as possible.
- **IDENTIFY PROVIDERS** for all care needs and second opinions.
- **RESOLVE PROBLEMS** with billing, claims and health insurance.
- **GET THINGS YOU NEED** such as healthcare equipment.
- **PROVIDE DECISION SUPPORT** when you are thinking about treatments or surgery.
- **EXPLAIN A NEW DIAGNOSIS** to help you make informed decisions.

Who is eligible

The services of our Mobile Care Coordinator Nurses are available to members of Northwest Sheet Metal Workers Health Care Trust and their covered dependents. **All services are offered at no charge to you and are confidential.**



To request help from our Mobile Care Coordinator or the team at Guardian Nurses, call 206-713-2123.