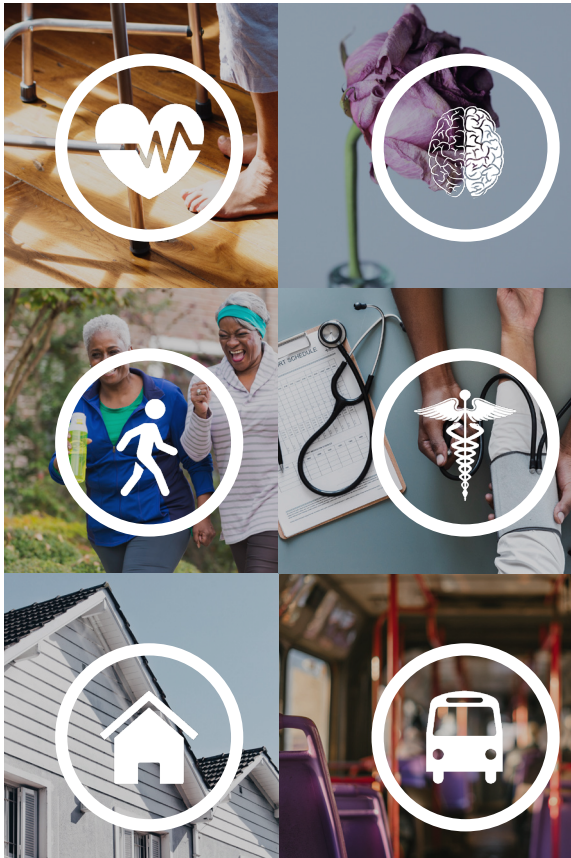


OUR APPROACH

Optimal health is more than visiting the doctor and taking medicine.

We can help you achieve better quality of life by addressing six areas of health: biological, psychological, individual health behaviors, health service access, environment, and social.



Join an Age-Friendly Healthcare System

Enroll in the Flourish Program Today

CONTACT US AT:



(502) 852 - 5629



OptimalAgingInstitute.org/Flourish



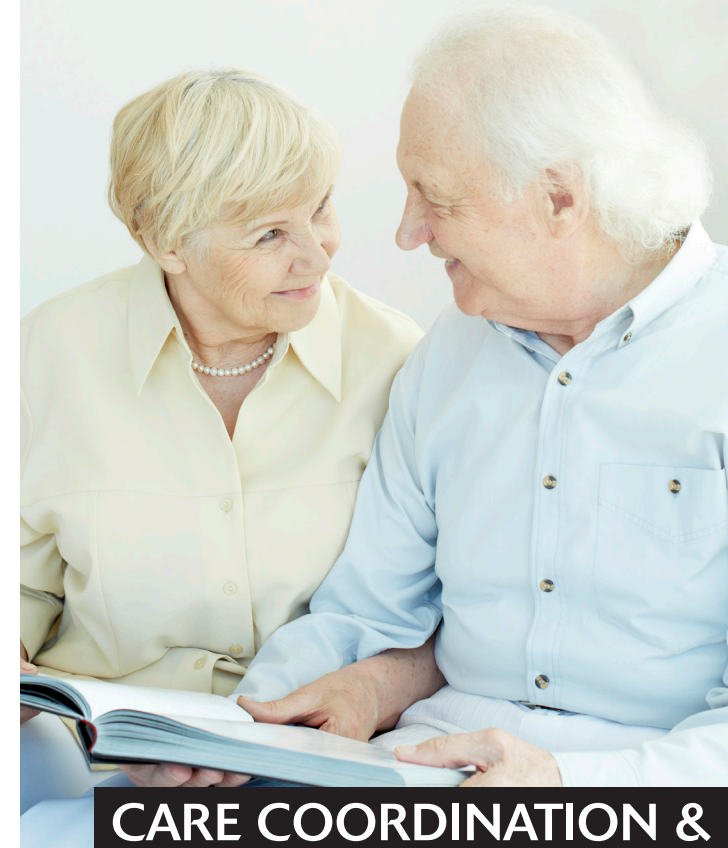
Geriatrics Workforce Enhancement Program

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under U1QHP28732-01-00 and Geriatrics Workforce Enhancement Program (U1QHP28732, Kentucky Rural and Underserved Geriatric Interdisciplinary Education Program, \$850,000). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Behavioral Health Workforce Education & Training Program

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under 1 M01HP313630100 Behavioral Health Workforce Education and Training (BHWET) Program, \$480,000 x 4. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

The Flourish Program



CARE COORDINATION & BEHAVIORAL HEALTH

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING

Let us help you manage your health

We specialize in helping adults with multiple chronic conditions improve their life satisfaction through a comprehensive care navigation and behavioral health program.

WHAT WE DO

- Work with your doctors to coordinate your health care
- Provide you with effective behavioral health interventions
- Connect you with community resources
- Provide wellness support that addresses all aspects of your health
- Provide education about your health conditions
- Work with your healthcare provider to coordinate your care, which can reduce your medical expenses
- Provide a medication management consultation

WHAT TO EXPECT



1

Call the Institute to get started: 502.852.5629



2

A Community Health Navigator (CHN) will contact you.



3

Your CHN will meet with you to assess your needs.



4

You and your healthcare team will create a personalized care plan.



5

You and your CHN will work together to identify/access resources & interventions.



6

Your CHN will routinely follow-up with you.

