

Welcome to Meridian

WE CARE ABOUT YOU AND PUT YOUR HEALTH FIRST

Community Health Workers (CHWs) provide a full range of services



Meet face to face to improve your access to healthcare.



Help you find providers and set up visits.



Find local support, like food and housing aid.



Teach you ways to live a healthy life.



Help with provider follow-up visits after going to the hospital or emergency room.



Help you set up rides for medical or pharmacy visits.

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Meridian's CHWs conduct home visits in the community to help members with health or to find local support.



The CHWs help with:

- ✓ **Food:** Finding local food pantries, getting SNAP (food stamps), etc.
- ✓ **Housing:** Finding or keeping safe and affordable housing, such as help with eviction or foreclosures, rent, local shelters, etc.
- ✓ **Health and Healthcare:** Getting you care, such as checkups, sick visits, and health screenings, as well as help renewing Medicaid. CHWs can also help you find care for mental health or substance use.
- ✓ **Transportation:** Setting up rides to your provider and pharmacy or helping you find support for other car-related needs, such as car repairs, etc.
- ✓ **Financial Support:** Finding ways for you to pay past-due utility bills, copays for medicine, employment, etc.
- ✓ **Education:** Finding GED or certification classes for children or adults, parenting classes, or English as a second language (ESL) classes.
- ✓ **Living Conditions:** Getting services to improve life, such as support for those living in unsafe conditions (e.g., crime, mold, lead).
- ✓ **Environment:** Services to improve physical activity such as locating safe parks, playgrounds and walk-ability.
- ✓ **Social and Community:** Finding support systems, community engagement and social integration for patients released from jail.
- ✓ **Behavioral Health:** Connecting Meridian members to resources for anxiety, stress or depression.



Support

If you need help and want to find programs in your area that best fit your needs, Meridian suggests:

- **MI Bridges**
Michigan.gov/mibridges
- **United Way 2-1-1**
www.mi211.org or call **211**
- **Helping Hand**
www.michigan.gov/helpinghand
- **Meet Up and Eat Up!**
Text **"Food"** to **"877877"** for food locations near you for children ages 18 and under to get nutritious meals during school vacations



If you have questions or need help, please call Meridian Member Services at **1-888-437-0606**.