

Usted puede recibir este documento en otro idioma, impreso en letra más grande o de cualquier otra manera que sea mejor para usted. Llame al número gratuito (800) 431-4135. Los usuarios del servicio TTY pueden llamar al (800) 735-2900.

You can get this letter in another language, large print, or another way that's best for you. Call (800) 431-4135 TTY (800) 735-2900.

Traditional Health Workers

Traditional Health Workers (THWs) are available to help connect you to a broad range of services to support your health and wellness. They provide information, tools and support. THW's can be found in community based organizations and in clinics. They have similar life experiences with the people they serve and are trained to know how to support your specific goals.

There are 7 different types of THWs that you have access to:

- **Birth Doula:** Provides support to you and your family during a woman's pregnancy, childbirth and post-partum care.
- **Personal Health Navigator:** Provides tools and support to make good health care decisions.
- **Peer Support Specialist:** Helps you recover from addiction or mental health conditions.
- **Youth Support Specialist:** Helps youth access addiction, mental health and other services.
- **Family Support Specialist:** Supports someone parenting a child with a mental health condition.
- **Peer Wellness Specialist:** Focus on helping you recover from addiction, mental health, or physical conditions.
- **Community Health Worker:** Helps you and your community get needed health care and services.

Our Member Support Specialist (MSS) Team has Personal Health Navigators who are here to help you:

- Understand how PacificSource works
- Answer questions on your medical, dental, and behavioral health benefits
- Connect you to community resources
- Connect you to providers to schedule visits
- Assist with rides to medical visits

If you would like to be connected to any of the services above, please call PacificSource at 541-330-2507.