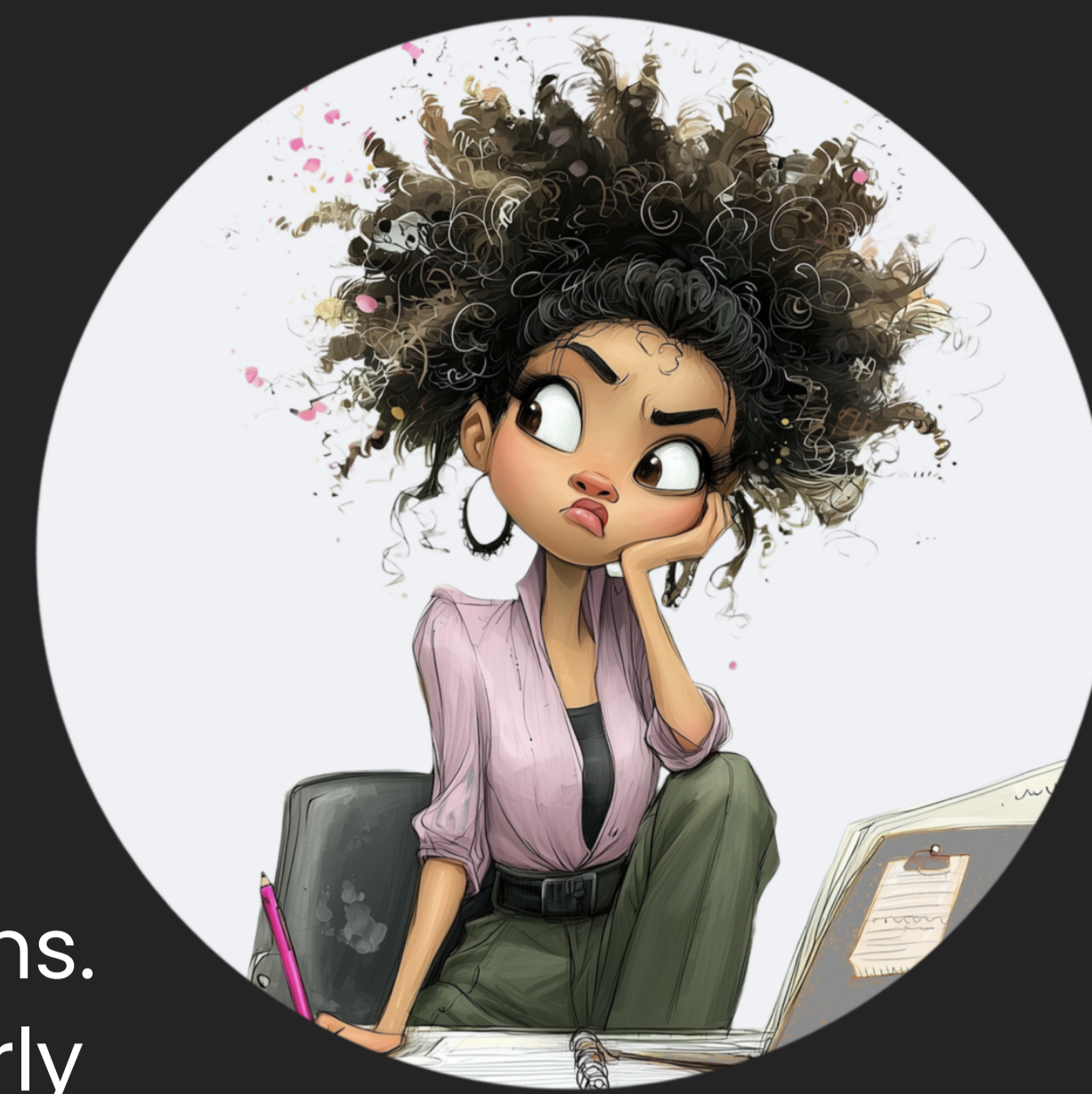


Health Navigation



Whether facing a new diagnosis, managing chronic health issues or simply wanting to feel better in your mind and body, the challenges involved with navigating health and wellness can be plentiful. Simply put, modern medical systems are often overwhelming, and with the rise of conflicting information, it is common to question the best options. Add in the vast complexities of physiological concepts along with overly complicated medical jargon, and the gaps of understanding grow, paving the way for miscommunications & misinterpretations. Leading to even more vulnerability to misinformation.

No matter the channel: traditional, integrative, conventional, therapeutics, food science; navigating health in the modern day comes with the added challenge of increased commodification. Which is why is it especially prudent to cultivate skills and tactics not only for helping to differentiate and use discernment with different types of health information but also make accessible the tools to appropriately resource yourself for your own...

personal empowerment.

Like learning how to engage with your rights as a patient or understanding the difference between one pharmaceutical brand versus another and why you might chose one over the other or how to advocate for a diagnostic test, etc.

And so foundation of these services is held by the pillars of...

education, advocacy and support.

It's a collaborative effort, ensuring you are equipped with everything you need to navigate your health journey as best you can. You are in the drivers seat. It is your health, your choices. Kamer Nursing is there as a guide and a support to help you along the way, with hopes to help to break down as many obstacles as possible while empowering you with information.



1 **book an initial consult (30 minutes)**

A foundational building block to *Kamer Nursing* services in which a focused assessment is complete through a thorough intake process with opportunity for future planning development.

2 **add on your desired service (60 -90 minutes)**

Kamer Nursing offers a variety of support services to choose from. If time permits, add a service to fit your needs following directly after the initial consult to get started right away with individualized, solution-oriented, multifaceted support.

options include...

- ✓ **medical appointment prep (60 minutes)**
- ✓ **post appointment translation & navigation (60 minutes)**
- ✓ **diagnosis deep dive (60-90 minutes)**
- ✓ **chronic illness support and navigation (60 minutes)**

3 **or learn about custom health education (ranges from brief to fully immersive)**

Multiform, creatively tailored, accessible materials translating complex physiological concepts into relatable, applicable information.

For more information visit bewithlove.ca or contact Lori at lori@bewithlove.ca