

# KnovaSolutions can give you the helping hand you need



## Would you like guidance with your health care? If you've got questions, we've got answers.

**KnovaSolutions® is a confidential service that can help you improve your health, and it is available at no cost to you. Clinical staff members from KnovaSolutions can even help your family members. We can help you answer questions like:**

- What does my diagnosis mean?
- Where can I go for the best treatment?
- How do I get a second opinion?
- What are the risks and benefits of this surgery?
- How do I get a copy of my medical records?
- What lifestyle changes will improve my health?
- How can I decrease the stress in my life?

If you're eligible for KnovaSolutions' services, a support team will work with you to build a plan for managing your health. This can help you make more informed decisions about your health and your health care. A dedicated nurse on your support team will also talk to you about things that could be affecting your well-being, including work, family, and school-related issues. You can even get information on stress management and nutrition counseling.

Your KnovaSolutions services will be customized to meet your needs. You will be in control of your health decisions, with your clinical team supporting you. KnovaSolutions' services are designed to enhance, not replace, your patient-provider relationships.

We make it convenient for you to reach out to your support team, and you can decide how and when to connect.

To get in touch with KnovaSolutions, email [contactknovasolutions@workpartners.com](mailto:contactknovasolutions@workpartners.com) or call **1-800-355-0885**.

**"My KnovaSolutions nurse was so helpful to me during a difficult time with my health. It was comforting to talk with her about things that were not always covered during my doctor's appointments. Her support and guidance helped me make decisions on what was best for me and gave me confidence to advocate for myself."**