

Why should I join the Village Health & Wellness Connection?

- To provide you with a custom, comprehensive, flexible and confidential Health Plan that will allow you to be as healthy as possible over a long-term period.
- This is a confidential, long-term Plan focusing on preventing health problems over many years, and not waiting for problems to happen.
- It will help you to live independently as long as possible
- By having a Wellness Plan, you will likely reduce hospital and ER visits by as much as 25%!
- If you go to the hospital, the “Wellness Director” will help and follow up regularly and provide support after an illness or ER/ hospital visit to help you get well sooner and avoid returning to the hospital.
- The Wellness Director will help your confidential Plan to be modified and grow with you over the years.
- To establish a “partnership” regarding your health between yourself, your caregivers, your doctors and family (optional).
- To provide you with a system of education and support that allows you to make intelligent health-related decisions, and participate and monitor your own health and well-being.
- To offer you help and support with assessing, monitoring, and consulting regarding your specific health needs.
- Statistics show that this type of Plan can dramatically improve your health and wellness as you age.

- The Wellness Director will work with your doctor with your permission to improve results of your the Wellness Plan.
- The Wellness Director will visit you in the privacy of your home and the visit will be completely confidential.
- You will have final approval of your confidential Wellness Plan and any future modifications to your plan.
- You will have the option of including your family and caregiver and physician in the design and follow up of the Plan.
- At your option, you will be able to meet other residents who have signed up for the “Wellness Connection”. There will be a new health group called the “Village Health & Wellness Group”. This is optional, however, it could improve your health.
- If you wish, the Hotel Oakland Village Health Groups and the Wellness Advisory Board will “connect with you” and offer support and advice. This is optional.
- You will be “participating for your good health”. This is an important part of staying healthy. End Isolation! Participate! Join the “Wellness Connection” and join many Hotel Oakland Village Health Groups!

