

Your Program Navigator Is Your Advocate and Guide

Making health decisions can be challenging, but navigating our healthcare system shouldn't be. Through *we* – Women Enlightened for Better Health – you will work with a program navigator who will serve as your central point of healthcare communications.

The program navigator will assist you in accessing healthcare providers, provide health information and referrals, and help you take advantage of Manatee Memorial Hospital's full range of services, such as support groups, community resources and educational programs.

PASSPORT TO *better health*

We recognize the importance of early screening in disease diagnosis and treatment. The enlightened woman's passport is an excellent way for our members to control their healthcare. The passport contains information on preventive health screenings as well as the suggested age and frequency. It will also contain personal health and screening records. Based on the personalized care plan that you and your primary care physician develop, you will know your health risks and vulnerabilities, and which health screenings are of primary importance at this time in your life. You will also have a reference guide and information on the meaning and relevance of each test and result.

Preventive health screenings will help members feel confident that they are making informed health decisions. The passport promotes personal responsibility and helps reduce health risks for our members.



we
Women Enlightened
FOR BETTER HEALTH

A Manatee Memorial Hospital
Women's Health Initiative

206 Second Street East, Bradenton, FL 34208

For more information call **941.745.69we**
or visit **manateememorial.com/we**

Physicians are on the medical staff of Manatee Memorial Hospital but, with limited exceptions, are independent practitioners who are not employees or agents of Manatee Memorial Hospital. The hospital shall not be liable for actions or treatments provided by physicians. 141208

we
Women Enlightened
FOR BETTER HEALTH



A MANATEE MEMORIAL HOSPITAL
WOMEN'S HEALTH INITIATIVE



Register online at
manateememorial.com/we

WELCOME TO *we*

Women Enlightened

FOR BETTER HEALTH

Women Enlightened for Better Health (*we*) is a unique FREE health initiative from Manatee Memorial Hospital, created to empower women to manage the demands of daily life. *we* members have easy access to the resources and support they need to keep themselves and their loved ones in good health, and achieve balance in their lives. *we* was designed to provide support, guidance and healthcare navigation to women as they make important health decisions for themselves and their families.

Women make tremendous contributions to their families and communities, but their own health can suffer as a result of so many responsibilities as a parent, spouse, caregiver or employee. *we* is here to help!



The LIV® Breast Self-Exam Aid – a FREE gift to all *we* members

Breast cancer is the most commonly diagnosed cancer in women in the developed and developing world, and the leading cause of cancer death among women globally*. Early detection of the signs and symptoms of possible breast cancer is the cornerstone of accurate diagnosis, effective treatment and increased survival rates.



At Manatee Memorial Hospital, we understand the importance of breast cancer education and awareness in improving survival and outcome. We are dedicated to educating women on breast health and providing access to the tools and resources that will allow early diagnosis and intervention. We encourage *we* members to be actively engaged in breast cancer prevention and detection.

As a breast cancer “thriver,” and an advocate for women’s health, actress, singer and songwriter Olivia Newton-John has joined with Manatee Memorial Hospital in promoting our *we* Program. Our members will receive educational information on breast health and breast cancer, and the LIV® breast self-exam aid is a special gift from us. The LIV aid is designed to help women perform accurate self-examinations. It helps women become aware of what is normal for their breast tissue and thereby identify abnormal changes.

The LIV self-exam aid is not a replacement for normal clinical breast exams and mammograms. We strongly encourage our members over the age of 40 to get yearly mammograms and be proactive in their breast health.

If you do notice any changes or lumps while using the LIV self-exam aid, speak with your physician immediately. The program navigator will streamline your appointment with the Breast Care Center and direct you to the appropriate physician. She will also be able to facilitate access to relevant hospital and community resources, and help reduce your fears and anxieties.

*Source: World Health Organization



Olivia Newton-John

Additional *we* Programs and Benefits

Breast Care Center at Manatee Memorial Hospital: Early detection is your best defense against breast cancer and we want to help. The staff at the Breast Care Center at Manatee Memorial Hospital will send all *we* members a reminder email or card to schedule your yearly mammogram. Ask about this service when you sign up. The Breast Care Center is located in the Outpatient Services Center and offers a full spectrum of services and advanced technology that provides digital images with high contrast and high definition for visualization of details throughout the breast.

Direct Doctors Plus® Free Referral Service: Anytime you need to find a physician or specialist be sure to call Direct Doctors Plus® at **941.708.8100** for a FREE referral, or visit www.manateememorial.com and on the right side under Find a Doctor, click on Visit Direct Doctors Plus®.

Discounted Membership to the Rehabilitation and Sports Medicine Center. Discounted Membership to the Rehabilitation and Sports Medicine Center, a service of Manatee Memorial Hospital. Present your *we* membership card to join the Rehabilitation and Sports Medicine Center’s fitness program for only \$15 a month. The Center provides outpatient physical therapy for orthopedic, sports, neurologic and balance conditions and offers a fitness program. The Center is located at 5245 33rd Street East, Suite 32, off of State Road 70 in the Manatee Town Center. Please call for hours: **941.745.7559**.

15% Discount at the Hospital’s Bistro. Just present your membership card to the cashier at the 2nd Street Bistro inside Manatee Memorial Hospital and receive your discount. The Bistro is open every day for breakfast, lunch and dinner. Be sure to check out the Bistro’s weekly menus that appear on our website at www.manateememorial.com.

10% Discount at the Shoppe on the River Auxiliary Gift Shop and the Auxiliary Thrift Shop. Just present your membership card to the cashier at the gift shop or thrift shop to receive your discount. Shoppe on the River is located at the entrance of the hospital and is open seven days a week. Call **941.745.7398** for current hours. The Manatee Memorial Foundation Auxiliary Thrift Shop is located at 4515 Manatee Avenue West and is open Monday – Saturday. Please call **941.745.2047** for their current hours.

Reduced fees for classes. You will receive price reductions on Manatee Memorial Hospital-sponsored educational classes.

Orientation Special Invitation. Join other *we* members at the *we* quarterly orientation dinner and tour. Receive your free LIV kit at the event or by mail if you can’t attend.

- **Members-Only Invitations.** You will receive exclusive invitations to members-only events during the year. Watch your mail or email for opportunities.
- **Information.** Receive a members-only email with health and nutrition information, and schedules of classes offered at the hospital.
- **Health news updates.** Two times a year you will receive the latest health information from Manatee Healthcare System sent directly to your home.



MEMBERSHIP APPLICATION

NAME

DATE OF BIRTH

EMAIL ADDRESS

MAILING ADDRESS

PHONE NUMBER

Names, date of birth and relation of household members:

Medical conditions that affect your family:

I would like to learn more about the following health topics:

Please return this application to
we – Women Enlightened for Better Health
 Manatee Memorial Hospital
 206 Second Street East, Bradenton, FL 34208