



Landmark

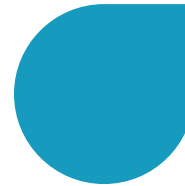
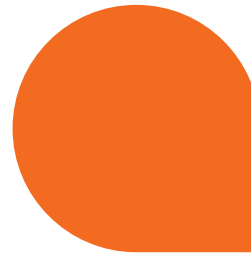
# Welcome to Landmark!

Landmark provides in-home medical visits to help you stay healthy at home.

Call Landmark First. We answer 24/7.

**1-833-874-2581 (TTY: 711)**

Feeling ill can happen anytime. A Landmark provider or nurse is available to take your call day or night, on weekends, and on all holidays.



## Routine Visits

- Discuss your health goals, answer questions, and help you manage your conditions.
- Review your medicines and teach you how to take them properly.
- Discuss advance directives, palliative care or hospice options, if needed.
- Refer you to specialists, if needed.



## Urgent Visits

- Visit you at home on an urgent basis, to help you avoid unneeded trips to the emergency room.
- Ask you about your symptoms.
- Provide urgent services, such as:
  - IV fluids or medicines
  - Lab draws
  - Respiratory treatments



## Post-hospital Visits

- Help explain your test results.
- Review your discharge instructions, restrictions, and changes to your medicines.
- Help you get any needed in-home health services, such as:
  - Physical therapy
  - Visiting nurses
  - Social workers

Before your Landmark provider leaves your home, they will ask to schedule your next visit.








# Your Landmark Care Team

Landmark will typically visit you four or more times a year, depending on your health needs. Each visit has an important purpose.

The person who visits you may vary based on the services you need.



## Your care team includes:

	<b>Doctors, Nurse Practitioners, Physician Assistants</b>	Collaborate with your current doctors to provide preventive and urgent medical care in your home.
	<b>Health Care Ambassadors</b>	Offer support by phone and in your home as you work toward goals. They check in with you between provider visits.
	<b>Social Workers</b>	Connect you and your family with community resources and help you access benefits.
	<b>Dietitians</b>	Teach you how food can impact your health, including diet recommendations for your health conditions.
	<b>Nurse Care Managers</b>	Serve as your point of contact by phone, check on you between visits, and help you coordinate your care.
	<b>Pharmacists</b>	Review your medicines, answer your questions, and help identify lower-cost prescription options.
	<b>Behavioral Health (Psychiatric NP or Psychiatrist)</b>	Assess your needs, provide short-term treatment, support ongoing treatment, and help you manage your medications..

Call Landmark to schedule a visit at **1-833-874-2581** (TTY: 711)