

What is a Personal Health Navigator?

Personal Health Navigators can help you connect to community resources and services.

A Personal Health Navigator (PHN) is a type of Traditional Health Worker (THW) certified by the Oregon Health Authority (OHA).

A PHN is someone who typically works in a care provider's clinic, insurance provider's office, or in the health system. They are community resource experts and healthcare advocates. They connect you with information, tools, and assistance to support you in making the best healthcare decisions. You can have access to a PHN at no cost to you.

How does a Personal Health Navigator help me?

- Assist with referrals and appointments
- Connect me to resources such as housing, food, transportation, and more
- Navigate complex systems
- Explain my health insurance benefits
- Help find a doctor

How can I find a Personal Health Navigator

Personal Health Navigators are on your Trillium Team. Contact Trillium Community Health Plan's THW Liaisons at 877-600-5472 (TTY 711).

