

# Meridian Care Journey<sup>SM</sup>

## A Home-Based Program

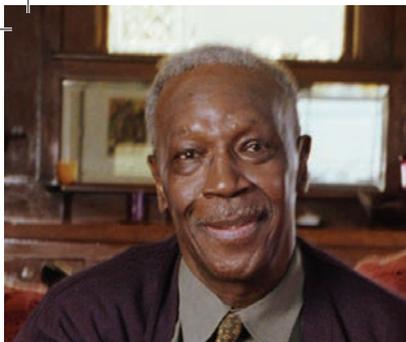


Hackensack  
Meridian *Health*

[MeridianCareJourney.com](http://MeridianCareJourney.com)



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Meridian *Health*



At Hackensack Meridian *Health*, we are dedicated to delivering the highest quality coordinated medical care. That's why we are pleased to introduce **Meridian Care Journey**, a home-based palliative care program.

Our Meridian Care Journey team works closely with your primary physician to provide you and your family with an extra layer of support. Through home visits and phone calls, we help to coordinate comprehensive and personalized care that you receive along with your regular ongoing course of treatment.

### **Partnering with You for Improved Quality of Life**

Meridian Care Journey focuses on improving the quality of life of people facing illnesses such as heart disease, lung disease, kidney or liver problems, cancer or neurological problems like stroke and dementia. Along with the treatment of your illness, emphasis is placed on pain and symptom management, improved communication and coordination of your care. This program will also help you to share your values, preferences, and expectations for your care with your physician — a very important component of ensuring your quality of life.

Our team is comprised of physicians, nurses, social workers and many others who will work together with your physician to deliver care individualized to your needs. Together we will provide:

- **Improved communication** including personal calls and conferences to discuss your health with your primary doctor and your loved ones
- **Education specific** to your medications and illnesses to help you take better care of yourself. This may include videos, literature and mailings which you can share with your family

- **Comprehensive care** including expert management of symptoms such as pain, nausea, and shortness of breath; evaluation to ensure you have all of the appropriate equipment you need to make getting around as easy and safe as possible; ongoing assessments of your physical, psychosocial and spiritual well-being; and emotional support for you and your family
- **Coordination of care** to make sure that your health care needs are met. This includes partnering with you, your physicians and your family to help you navigate the often complex health care system
- **Social work services** to assist you with insurance needs, financial issues, making sense of some of those health related forms, transportation, or when you just need someone to listen
- **Advance care planning** to help you make informed decisions about the kind of treatment you want ... and don't want - as your illness progresses.

**Ask your Physician if Meridian Care Journey is right for you.**

**We accept most insurance plans, including Medicare. We do not require a physician referral unless required by your insurance.**

**For additional information, please call [732-202-8071](tel:732-202-8071).**

*Meridian Care Journey is committed to protecting the privacy of our patients. Special technology features are used to keep your information secure and protect your records. Even with all these security protections in place, if improper access does occur the law requires that you be notified, and steps will be taken to correct the problem.*