



The Health and Welfare Trust Nurse Navigator



Your Nurse Navigator is 'IN'!



Shantay Phoenix, L.V.N.

More hours, more availability, and new services, for you and your family!

Where: Visit our Nurse Navigator for expert help at the Health & Welfare Trust Office, 2150 W. 18th Street, Suite 104, Houston, TX 77008

When: Wednesday through Friday, 9:00 a.m. to 3:00 p.m.

Your Nurse Navigator helps you:

- Schedule same-day, sick-care appointments with primary care doctors.
- Check your blood pressure, cholesterol, blood sugar, weight and BMI (Body Mass Index).
- Find doctors, specialists, and other resources for your health needs.



For KelseyCare Members

Call: 713-442-8353
713-442-TELE



Schedule a Telemedicine 'Video Visit' with a Kelsey-Seybold doctor.

Talk with a doctor online in a private, confidential setting at the Health & Welfare Trust Office for medical problems including:

- Sore throat
- Cough, cold and flu
- Minor skin infections & rashes
- Urinary tract infections
- Poison ivy
- Insect bites
- Diarrhea, nausea & vomiting
- Acne
- Sunburn
- Allergies and Sinus trouble
- Pink eye
- Eye irritation

