

Angela Castilla, RN

Health Navigator



What is a Health Navigator?

The role of a Health Navigator is not to “treat” you, but rather to be your ally and a source of support. Together, you can identify what you want to create and achieve in the area of health and wellness. A Health Navigator will work with you to co-create specific, realistic, measurable goals that are broken down into smaller, achievable action steps. Together, you will sit down, discuss your needs and learn what you need to know about chronic conditions or other health concerns you may have.

The Health Navigator will have access to up-to-date medical and health information. She can help you better understand your condition, your medications and test results, and can even help you understand when to report symptoms to your doctor.

What are the benefits of working with a Health Navigator?

- Developing personal health action plans
- Receiving resources and support to manage health concerns
- Understanding how to find care at the right time and place
- Discussing confidential health concerns with a nurse
- Focusing on wellness, not weight

To contact Angela Castilla with questions, call **713.338.4817** or email **Angela.Castilla2@memorialhermann.org**.

Health Navigator Program with Memorial Hermann

In our continued commitment to wellness, Aldine ISD has partnered with Memorial Hermann to provide a Registered Nurse to serve as Health Navigator to assist you with your health concerns.

The Health Navigator is a registered nurse who is available to employees for individual consultations.

First Appointment (45 minutes):

- Discuss your health history and goals with the Health Navigator

Follow-up Appointments (30 minutes):

- Check in on progress toward health goals
- Discuss new health concerns
- Chronic condition management
- Medication management
- Seek assistance with:
 - Communicating with doctors
 - Understanding benefits and resources
 - Making informed health decisions

Biometric Screenings (15 minutes):

- Weight and BMI
- Blood pressure measurements
- A1c measurements
- Lipid/glucose measurements

Virtual Visits

- Virtual visits are available for initial and follow-up appointments

Who is eligible for this free program?

Aldine ISD employees are eligible to work with the Health Navigator. Unfortunately, we are unable to provide services to those on governmental plans, including but not limited to: Medicare, Medicaid, VA services and Tricare.

How do I schedule an appointment?

To schedule an appointment, scan the QR code or visit [memorialhermann.org/aldine-isd](https://www.memorialhermann.org/aldine-isd)



This is a voluntary and confidential program. The company will not have access to your personal health information.