



THE **PHYT** COLLECTIVE **CARE NAVIGATOR PROGRAM**

*The liaison between the trifecta of traumatic injuries:
patients, loved ones, and medical staff.*

PHYT's Care Navigator program serves as your virtual advocate and personal translator within the fast-paced, intimidating, and often confusing healthcare landscape. Launched by PHYT owner and Physical Therapist, Dr. Ashley Speights, the custom-tailored Care Navigator program returns decision-making power to the hands of patients and loved ones.



WHO IT'S FOR:

PHYT's Care Navigator program is for patients and loved ones facing acute or long-term care, following:

- ORTHOPEDIC INJURIES
- NEW MEDICAL DIAGNOSES
- ICU STAYS AND HOSPITALIZATION
- SURGERIES
- SPINAL CORD INJURIES
- CONCUSSIONS
- RUPTURES, TEARS, AND FRACTURES
- BRAIN INJURIES
- OTHER TRAUMA

HOW IT WORKS

01

CONDUCT AN INITIAL CONSULT

We have an initial call to unpack what happened and establish a single point of contact between Dr. Speights and loved ones.

02

ESTABLISH A PLAN OF CARE

We determine when to meet, how often, and when your Care Navigator will speak with medical staff.

03

FIND A RHYTHM

Dr. Speights walks you through every stage of care, asking questions, translating outcomes, and synthesizing options for care.

04

REASSESS EVERY WEEK

You can pause or cancel service at any time.

WHAT WE DO

Our goal is to improve your outcome of care by advocating on your behalf. We support patients by:

- ✓ ASKING THE RIGHT QUESTIONS
- ✓ REQUESTING POST-OPP UPDATES FROM SURGEONS
- ✓ SELECTING SPECIFIC REHAB FACILITIES
- ✓ ADVOCATING FOR BEST HOSPITAL CARE AND PLACEMENT
- ✓ EXPLAINING CARE OPTIONS
- ✓ SWITCHING UP DAILY PROTOCOLS
- ✓ ENSURING PATIENT CONSENT THROUGHOUT CARE
- ✓ SCHEDULING FOLLOW-UP APPOINTMENTS
- ✓ CREATING A SEAMLESS TRANSITION TO REHABILITATION



PRICING

ONE TIME CONSULTATION

- 90 minute virtual call
- Speak directly to patient (or parent/child)

\$375 ONE-TIME FEE

Ideal for acute injuries

WEEKLY RETAINER

- Initial consultation
- Weekly virtual calls
- Text and call support
- Speak directly to medical staff, patient, and family
- Pause service at any time
- No minimum commitment

UP TO TWO HOURS PER WEEK: \$550

UP TO THREE HOURS PER WEEK: \$750

Ideal for long-term care