

# Move Your Health *Forward* with Avera

We've got you covered through every stage of life. See how we connected Sue to the right care and services at Avera and in her community.



Sue was diagnosed with lung cancer during a preventive screening. She saw an oncologist in Mitchell.

## Avera Health Plans can help:

Get info about plan coverage, out-of-pocket costs, services.

Her first worries were about treatment and how much it would cost.

Her tumor was tested to identify the best treatment for her.



Sue got radiation treatments in Mitchell and met virtually with some specialists in Sioux Falls.



Patients can see doctors virtually to save time and money.

Our cancer physicians and other providers work together to offer a high level of care, no matter where you live.

Mitchell



She had trouble keeping food down. She was connected with a dietitian to help her with food choices.



Avera@Home does home assessments to determine what's needed for independent living.

She felt unsteady and weak. She got a cane and installed a grab bar in her shower.

The Navigation Center answers questions and connects patients and caregivers to services.

OPEN  
24/7

Sue worries about recurrence. The Avera Cancer Institute survivorship program helps her navigate life after cancer.

**Sue is now in remission.** She knows her primary care provider is key to a healthy future.



**Avera**  **Moving Health *Forward*.**

Learn more about how Avera connects you to the right services at the right time at [Avera.org/forward](https://Avera.org/forward)

Note: This is a representation of a patient's possible care connections through Avera and Avera Health Plans.