



Luz, CHW, Chelsea

I am a...

connector
advocate
health educator
coach

Community Health Worker

The bridge to a healthy community.

Community Health Workers are part of your care team.

A Community Health Worker (CHW) can work with you to understand and manage your health, work through the health care system, and connect you to support and services.

Community Health Workers are connected to your community.

CHWs know a lot about the community where they work, and they can help you with barriers that you face to improving your health. CHWs can have different job titles including community health advocates, patient navigators, outreach workers, peer educators, promotores de salud, and case managers.

“My CHW helped me join a wellness class and because of it I feel better about myself and the better choices I now make for my health.” – *Caring Health Center patient, Springfield, MA*

“My CHW has spent so much time with me. She helps me understand what my doctor tells me. I’m finally beginning to feel better and strong enough to do things on my own.”
– *Boston Medical Center patient, Boston, MA*



A CHW can help you...

- Learn ways to manage and cope with your health or any conditions you may have
- Talk to your provider about your health care
- Connect to community programs or services, such as transportation to doctor's appointments
- Work through the steps to getting the care you need
- Make lifestyle changes to improve your health

Talk to Your Doctor

Ask your healthcare provider about working with a Community Health Worker.

Massachusetts Department
of Public Health



CW5700