







HI I AM TAMARA - YOUR LOCAL HEALTH NAVIGATOR

Whether you're managing a condition, exploring preventative options, or just feeling overwhelmed, you're not alone. Let's take the next step together.

Offering free services in English and Spanish in San Diego.



How I Can Help

-  Help you prepare questions for your Doctor appointments
-  Help you keep track of your symptoms and medications
-  Prioritize what is the most important
-  Follow up after your appointments
-  Help you find doctors
-  Help you find resources including housing, food, and transportation

WANT MORE INFORMATION?

CONTACT ME

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