MY NURSE
Whitney
PRIVATE RN CARE MANAGEMENT

FOR FAMILIES OF AGING PARENTS

When you live far from an aging parent, someone needs to keep track. I'm a nurse who does that.

I'm Whitney Treloar, MSN, RN, CCM. I coordinate your parent's doctors, medications and appointments by phone and video, and I tell you what's going on in plain English.



Whitney Treloar
MSN, RN, CCM

What a month looks like

The first week	A video visit with your parent, and with you if you'd like to join. We go through medications, doctors, and what's worrying everyone.
As things come up	I call the doctors' offices, the pharmacy and the home-health agency so they're all working from the same plan.
Around appointments	I help your parent get ready with the right questions. Afterwards I go over what was decided until your parent can explain it back to me in their own words.
If there's a hospital stay	I talk with the discharge planner by phone so the plan for going home makes sense before your parent leaves.
On the first of the month	You get a written update: what changed, what's coming up, and anything I'm keeping an eye on.

Who this is for

Parents living fairly independently, with managed conditions like heart disease, diabetes or COPD, and care spread across several doctors and pharmacies.

Licensed in 44 states. Your parent can live anywhere except Alaska, Hawaii, Massachusetts, Michigan, Minnesota and Oregon.

What I don't do

- Home visits. It's all phone, video and email.
- Diagnosing or prescribing. That's for the doctors.
- Insurance or Medicare. You pay me directly.
- Emergencies. I work business days; call 911.

Plans

Billed monthly, business days only. Change plans or cancel any time.

Biweekly — $1,250 /mo

I reply by the next business day.

Every other week · up to 5 hours

Weekly — $3,000 /mo

I reply the same business day.

Every week · up to 12 hours

Concierge — $7,500 /mo

I reply within two business hours.

As often as it takes · up to 30 hours

One-time start-up fee of $500 per parent. Extra time is $250 an hour, and I always ask before going over your plan's hours. Both parents can share one plan.

Book a free 20-minute call

Tell me what's going on with your parent. No obligation; if I'm not the right fit, I'll say so.

(904) 901-0288 **whitney@mynursewhitney.com** **mynursewhitney.com**

Book a call

In an emergency, call 911. My Nurse Whitney is a service of BAM Team Services LLC, 1048 Stark St, Jacksonville, FL 32208. Care coordination, health education and advocacy by phone and video. Not medical, legal or financial advice, and not an emergency service. No insurance or Medicare billing.