



MOBILE HEALTH PROGRAM NEWSLETTER - APRIL 2019

**Community Health Center
Mobile Health Program**
Phone: 928-283-2783
Fax: 928-283-2106

Mission

To provide accessible, quality, and culturally sensitive healthcare.

Vision

Embracing healthy living to heal, to respect, & to console.

COME SEE US IN YOUR COMMUNITY

Lechee, Moencopi, Cameron,
Dinnebito, Tonalea, Kaibeto,
Tuba City, Bodaway/Gap,
Coppermine



To our Community Members.....

Mechanical issues are being addressed with our Mobile Medical Unit. We are continuing to provide our communities with accessible healthcare, so we are temporarily using our Telehealth Unit. We do not have an estimate time frame of this temporary replacement. We do apologize for any inconvenience this may have cause you.

MEDICAL SERVICES

- ⇒ Primary Health Care
- ⇒ Specialty Clinic Referrals
- ⇒ Laboratory Testing
- ⇒ Limited Pharmacy
- ⇒ Physical Exams - CDL / Work / School / Sports (Bring physical exam forms)
- ⇒ Well Child Exams
- ⇒ Some Adult Vaccines
- ⇒ Pharmacy Prescriptions
- ⇒ Patient Case Management

NOTE: Some of our services are limited due to using the Telehealth Unit.



Note: Please provide legal documentation if parent is not present during visit

Do you know your **Healthy Numbers?**



Heart Rate
Goal between
60-100 PM



Blood Pressure
Goal to be less
than 140/90 mmHg



Glucose
A1C Goal
less than 7



Cholesterol
Total Less than
200mg/dL

**For more information visit the
Mobile Medical Unit**

Mobile Medical Unit Schedule



Mobile Medical Unit schedule is currently on DST from March 10th 2019 to November 3rd 2019.



APRIL 2019

MON	TUES	WED	THU	FRI
1 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	2 Moencopi Legacy Inn 8:00AM to 4:00PM (DST)	3 Cameron Dental 8:00AM to 4:00PM	4 Dinnebito Clinic 9:30AM to 3:00PM CDL Exams Available	5 No Clinic
8 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	9 Tonalea Store 8:00AM to 4:00PM	10 Tuba City Bashas 8:00AM to 4:00PM	11 Kaibeto Market 9:00AM to 3:00PM CDL Exams Available	12 No Clinic
15 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	16 Moencopi Legacy Inn 8:00AM to 4:00PM (DST)	17 Cameron Dental 8:00AM to 4:00PM	18 Tuba City Bashas 8:00AM to 4:00PM CDL Exams Available	19 No Clinic
22 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	23 Tonalea Store 8:00AM to 4:00PM	24 Coppermine Monkey Ridge 9:00AM to 3:00PM	25 Gap Store 8:00AM to 4:00PM CDL Exams Available	26 No Clinic
29 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	30 Tuba City Bashas 8:00AM to 4:00PM			

IMPORTANT INFORMATION TO REMEMBER

- Please be aware that we do not provide emergency services on the Mobile Medical Unit.
- The TCRHCC Mobile Dental Unit only provides services to the Western Agency Schools at this time.
- Please bring all medications to your visit (prescription & over the counter medication).
- Please be advised the last patient must be registered 30 minutes prior to end of clinic day.
- Navajo Interpretation is available on the Mobile Medical Unit.
- Health Insurance enrollment/Medicaid questions, please call our Patient Benefit Coordinator 928-283-2791.
- Locations are subject to change. Contact Mobile Health Program directly at 928-283-2783
- More information is available on our website at <http://tchealth.org/mobilehealth/index.html>
- Follow-up with your [Specialty Clinic Referrals](#) if you haven't received an appointment in the mail.

Thank You From Your Mobile Health Team