



COMMUNITY HEALTH CENTER NEWSLETTER - MAY 2019

Community Health Center
Phone: 928-283-2783
Fax: 928-283-2106
Website:
<http://tchealth.org/mobilehealth/>

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.



MAY 2019

MON	TUES	WED	THU	FRI
		1 Cameron Laundromat 8:00AM to 4:00PM (New Location)	2 Dinnebito Clinic 9:30AM to 3:00PM CDL Exams Available	3 No Clinic
6 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	7 Kaibeto Market 9:00AM to 3:00PM	8 Tonalea Store 8:00AM to 4:00PM	9 Tuba City Bashas 8:00AM to 4:00PM CDL Exams Available	10 No Clinic
13 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	14 Moencopi Legacy Inn 8:00AM to 4:00PM	15 Cameron Laundromat 8:00AM to 4:00PM (New Location)	16 Dinnebito Clinic 9:30AM to 3:00PM CDL Exams Available	17 No Clinic
20 Lechee Clinic 9:30AM to 3:00PM CDL Exams Available	21 Kaibeto Market 9:00AM to 3:00PM CAR SEAT CLINIC 10AM TO 2PM	22 Tonalea Store 8:00AM to 4:00PM	23 Tuba City Bashas 8:00AM to 4:00PM CDL Exams Available	24 No Clinic
27 <i>Memorial Day</i> 	28 Moencopi Legacy Inn 8:00AM to 4:00PM	29 Coppermine Monkey Ridge 9:00AM to 3:00PM	30 Gap Store 8:00AM to 4:00PM CDL Exams Available	31 No Clinic

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 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 or Medicaid questions, please call 928-283-2791.
- ★ Locations are subject to change. Contact Mobile Health Program directly at 928-283-2783 or 928-607-0396.
- ★ More information is available on our website at <http://tchealth.org/mobilehealth/index.html>
- ★ **We are on Daylight Saving Time from March 10th to November 3rd 2019.**

Thank You From Your Mobile Health Team