

What You Need to Know

Importance of a PCP

Establishing a Primary Care Physician (PCP) will allow you to better manage chronic diseases, lower overall health care costs, and experience a higher level of satisfaction through personalized care. Call the Stay Well Health Center today to make an appointment to establish a relationship with a PCP.

Focus on Confidentiality

The Stay Well Health Center offers health care services to State of New Mexico and participating local public body employees and dependents covered under the State Employee's Risk Management Medical Plan.

Your confidentiality is our top priority. Whether you need urgent care or routine services, federal and state law along with company policy ensures your personal health records remain private with our partner, Cerner.

Importance of scheduling an appointment

As an organization that puts the health of our members first, the Stay Well Health Center care team values the opportunity to communicate with you regarding your health needs. In order to ensure that you have the best experience, we recommend scheduling your appointment in advance. While we often have same-day appointments available if needed, we cannot guarantee expedient service for walk-in members. For a better experience and optimum time with your care team, please be sure to call ahead to schedule your appointment.

How to meet with a Health Coach

Did you know you can meet with a Health Coach? Health Coaches are certified and able to create a personalized plan specifically geared toward moving you in the direction of better health. Whether your goal is weight loss, better overall health, or management of a specific condition, your Health Coach can guide you step by step through your personalized plan to wellness. Take advantage of this service today by calling the Stay Well Health Center to schedule your first Health Coaching appointment.

When you should meet with your PCP vs. Health Coach

Your Health Coach will work hand-in-hand with your Primary Care Physician (PCP) to help you move in the direction of better health. Start by getting a check-up with your PCP. After seeing your provider, your Health Coach can then work with any diagnoses given to help create a customized plan to improve your health or for condition management. Call the Stay Well Health Center today to get started.

Benefits of a Portal Account

Staying connected with all of your health information is simple! With our Patient Portal, you're able to see all of your results, appointments, and more in one convenient location. Our portal is available online which makes it so easy to keep up with your health on the go. You can easily schedule appointments online and stay in contact with your PCP. Call the Stay Well Health Center today to get registered for your free Patient Portal account.

New to SoNM? Call for a Tour!

Are you new to the Stay Well Health Center? Come see what we have to offer! We would be happy to show you around and answer any questions you may have. Your good health is our goal. Come see how we can help you improve your well-being. Call today to schedule a walk-through tour.

How to schedule an appointment

Scheduling an appointment is simple! We ask that you schedule your first appointment by phone to establish care. After you have become an established patient, you're able to use your Patient Portal account to schedule appointments online. Call today to get started!