

## YOUR PRIVACY

### A 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 a State of New Mexico Medical Plan.

Whether you need urgent care or routine services, we want to assure you that your confidentiality is our top priority. We abide by federal and state law, as well as Cerner's company policy to ensure your personal health records remain private.



## CONTACT INFORMATION

### Location

Joseph A. Montoya Building  
1100 S. St. Francis Drive, Suite 1000  
Santa Fe, NM 87505

### Hours of Operation

**MONDAY - FRIDAY** 7AM - 6PM

### Contact Us

**TEL** 505.827.2485  
**FAX** 505.827.2486

Call us to schedule your appointment today.

**Note:** The patient portal can be utilized to schedule appointments **after the first visit.**

*We strive to continuously improve the quality of patient care. Do you have comments or concerns you would like to share? Please call 888-533-0943.*

## The State of New Mexico Stay Well Health Center

A NEW PATIENT EXPERIENCE



## Patient Satisfaction



“ The staff are great at listening and discussing all possibilities, not dismissive at all, very responsive and helpful. ”

“ I love this clinic. As a state employee, saves me a fortune in copays. ”

“ Overall, I have always had an awesome and great experience from the front desk attendees to the NPs. Thank you! ”

“ It is a blessing to have this clinic. ”



### STAY WELL HEALTH CENTER

ZERO CO-PAYS, NO DEDUCTIBLES AND  
MEDICATIONS DISPENSED THROUGH THE  
HEALTH CENTER ARE FREE

Serving the State of New Mexico and Participating Local Public Body  
Employees Covered under the State Employee's Risk Management Medical Plan

in partnership with

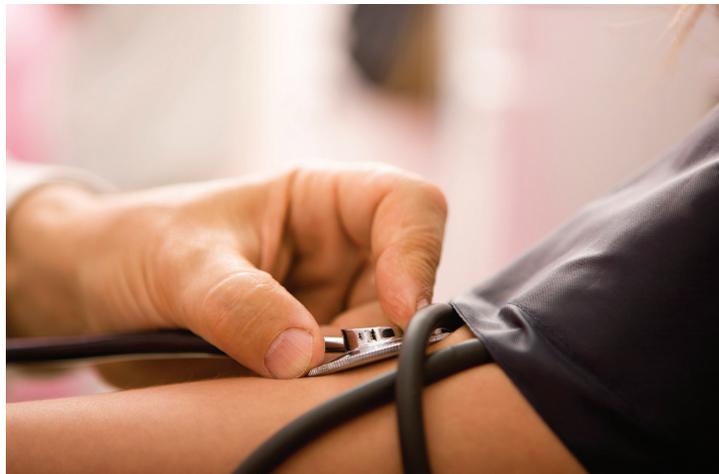


## OVERVIEW

The State of New Mexico is proud to offer State and participating Local Public Body employees and their dependents covered under a State Employee's Risk Management Medical Plan an on-site health facility, the **Stay Well Health Center**.

When you get sick, you want health care that's convenient and affordable. The Stay Well Health Center focuses on prevention and wellness while providing covered employees and their covered dependents (age 2 & up) prompt, quality care at no-cost – **no copay; with no need to meet deductible**.

**Please be advised, the Center does not treat Worker's Compensation injuries or illness, for employees or their dependents. If you've been injured on the job, please notify your supervisor and/or HR Representative immediately.**



## SERVICES

The **Stay Well Health Center** can be your primary care for all of your health care needs.

### SCOPE OF SERVICES

The Stay Well Health Center provides treatment for common conditions, injuries and illnesses.

#### PRIMARY CARE

- Comprehensive physicals
- Condition management
- Contraceptive counseling
- Depression
- Exercise & diet planning
- Immunizations
- Well Child\*/Sports physicals  
\*Age 2 & up
- Women's health exams

#### COMMON ILLNESSES

- Allergies
- Cough and colds
- Ear and eye infections
- Laceration repair
- Sexually transmitted infections
- Skin rashes/burns
- Sore throats
- Sprains and strains

**No charge for medications dispensed from the on-site health center.**

### HEALTH COACHING

Your personal health coach, Crystal Crook, RN, is available to educate, motivate, and support you if you have one or more of the following conditions:

- Diabetes
- Pre-Diabetes
- Hypertension
- Dyslipidemia (high cholesterol)
- Metabolic Syndrome
- Weight management

#### When should you see your Health Coach instead of your Primary Care Physician?

You should meet with your Primary Care Physician for an annual physical and to address any particular health issues or questions you may have. Your Health Coach is available to help you better understand your conditions, set goals, and improve your health.

Your Health Coach and Primary Care Physician will work collaboratively to provide one-on-one personal support, educational materials and tools to help you improve your health.

To schedule a health coaching appointment, please call the **Stay Well Health Center** at 505.827.2485.

## APPOINTMENTS

### Scheduling Appointments

To schedule an appointment at the **Stay Well Health Center**, please call 505.827.2485.

The **patient portal** can also be utilized to schedule appointments **after the first visit**. You will receive an email invitation to begin using the patient portal after your initial visit to the center.

### Day of Your Appointment

#### WHAT TO BRING WITH YOU

Please arrive on time for your appointment and bring the following with you:

- Your State of New Mexico insurance card.
- Any records from outside physicians or other specialists, such as lab results or X-rays.
- A list of all prescribed and over-the-counter medications you are taking, including those prescribed by another physician, vitamins, aspirin and herbal supplements.

#### PARKING

There are designated parking spots for the Stay Well Health Center for your convenience.

#### LATE ARRIVALS

If you are 10 or more minutes late for your appointment, you may be asked to reschedule.

#### CANCELLATIONS

We realize things come up that might prevent you from attending a scheduled appointment. If you **need to cancel your appointment, please call 505.827.2485** so we may offer the appointment to another member in need of medical care.