

## Behavioral Health in Focus

Last month we introduced you to our behavioral health team. Let's look at a typical scenario illustrating how our holistic approach to patient care works.

A patient named "Joe" presents at the clinic for treatment of his asthma. While the doctor is treating him she asks a few questions-screening for anxiety, mood, depression, drugs and alcohol. "Joe" scores high for anxiety. The doctor passes this on to Richard the community educator.

Richard meets with "Joe" with the goal of building trust and relationship. Once trust is established he asks additional screening questions. "Joe's" answers indicate he may benefit from meeting with Mary the Licensed Clinical Social Worker and wellness coordinator. Richard helps "Joe" schedule an appointment with Mary.

While Mary is treating "Joe" she notes that part of "Joe's" anxiety is concern over not having enough food due to a recent lay-off. Mary notifies Kathryn, the care manager, who then phones "Joe" and discusses resources available to him in the community to help with food and employment. This illustrates how the "whole person" is treated as part of their patient experience at Community Health Clinic.

### January is Thyroid Awareness Month

Did you know? Hormones produced by the thyroid help regulate body temperature; increase heart rate; ensure proper brain function; manage energy expenditure, heat generation and weight; and regulate digestion. More than 30 million Americans will develop thyroid disease at some point in their lives. Most people think this is a disease only affecting women, but men also develop thyroid disease.

Talk to your CHC medical provider about Thyroid today!



### Community Health Clinic Vandergrift Satellite

Community Health Clinic in Vandergrift, PA is currently accepting new patients. Located at 179 Columbia Avenue, Vandergrift, PA, 15690, access to high quality primary care is the focus of Dr. Guerrero and Lynn Vermeulen, CRNP. Medical Services include all areas of family medicine for all ages including immunizations, diabetes management, and the treatment of high blood pressure, just to name a few. **We accept all insurances** and have a sliding scale for uninsured and underinsured patients. Please call 724-567-5671 or 724-335-3334 to schedule your appointment at our new satellite medical clinic today!

### CHC New Lower Nominal Fees!

Doctor visit .....\$15.00  
Dental visit.....\$20.00  
Licensed Clinical Social Worker visit.... \$5.00



### Ends February 15th!

Open Enrollment for the Health Insurance Market Place ends February 15th 2015. There is still time to apply and pick a Qualified Health Plan for coverage starting March 1st. For more information, please contact your Certified Application Counselor at 724-889-2783.



Last year many Pennsylvania residents earned too much money to receive Medicaid and too little to purchase health coverage in the Marketplace. This year those 600,000 Pennsylvanians can get coverage through Healthy PA.

PA residents who are not eligible for Medicaid, between the ages of 21 and 64 and have incomes up to 133% of the Federal Poverty Level may be eligible. Healthy PA is full-coverage health care from insurers such as Gateway, Aetna, United Healthcare, and UPMC. There are no premiums and copays are \$0-\$3.

A single person can earn as much as \$1,294 monthly and a family of 3 can earn as much as \$2,194 per month to be eligible.

For friendly, in-person assistance in applying for Healthy PA please contact your Community Health Clinic Certified Applications Counselor at 724.889.2783 today. There is no deadline to apply.