

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 concerns you would like to share? Please call 888-533-0943.

Stay Well Health Center

A NEW PATIENT EXPERIENCE



**STAY WELL
HEALTH CENTER**

*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 the 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 new Stay Well Health Center is available to give covered employees and dependents (age 2 & up) prompt, quality care at no cost. This provides the opportunity for patient-centered care in a comfortable and convenient environment.

The Stay Well Health Center focuses on prevention and wellness while providing you and your covered dependents (age 2 & up) quality care at **no cost - no co-pay; no need to meet deductible**.



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 formulary.

HEALTH COACHING

Your personal health coach, Marissa Berry, RN, CHC, is available to educate, motivate and support you whether you are seeking accountability or 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 use 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.

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 no less than 24 hours before your scheduled appointment time so we may offer the appointment to another member in need of medical care.**