

# Community Volunteering



## Patient Advisory Council

Join WMC's Patient Advisory Council (PAC)! They are a group of patients who meet twice a month on Zoom to advocate for improving the patient experience. They advise WMC staff on important topics and work on projects that promote personal, compassionate, patient-centered care. If you have questions or would like to join the PAC, email [pac@westminstermedicalclinic.com](mailto:pac@westminstermedicalclinic.com).

## Kid's Club

Calling all 5-11 year olds who are patients at WMC! Join Kid's Club and make homemade cards for patients at WMC who may need a smile, to know someone is thinking of them during recovery from being in the hospital, congratulations to a new baby/sibling, or a heartfelt note because of a recent loss of someone loved.

## Caring Outreach Caller

Volunteer as little or as much time as you have. Call patients to visit on the phone to connect and share a friendly, caring voice. This program makes an impact on both the volunteer calling and the person receiving the call! Volunteers use phones at WMC or a remote phone connected to WMC. If you have questions or would like to volunteer as an Outreach Caller, please email [pac@westminstermedicalclinic.com](mailto:pac@westminstermedicalclinic.com).



## Questions for Your Medical Provider

- ✓ *What services do you recommend for me?*
- ✓ *Do you have to be a regular patient at WMC to utilize these services?*
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

# SERVICES AND PROGRAMS



***We are a Family Medicine family taking care of individuals and families in sickness and health, in healing and wellbeing.***

303-428-7449

[www.westminstermedicalclinic.com](http://www.westminstermedicalclinic.com)

# Services

## Preventive Care

- Newborn Care
- Pediatrics and Well-Child Checks
- Sports Physicals
- Adult Annual Visits & Health Assessments

## Chronic Care



- Diabetes
- Obesity/Weight Loss
- Basic & Advanced Cardiovascular Care
- Asthma/COPD
- Thyroid
- Pain

## Acute Care

- Adult and Child Illness
- Symptoms of Covid, Cold, Flu, or Sore Throat
- Fractures and Casting
- Sports Injuries
- Pain

## And More...

- Family Planning and Preconception
- Lactation Counseling
- IUDs, Nexplanon, Vasectomies
- Immunizations, Covid Moderna Vaccines
- Eye Exams
- Minor Surgery
- Skin Care
- Osteopathic Manipulation
- Healing after Cancer (Cancer Survivorship)
- Home Visits & House Calls
- Automobile Injury
- Onsite Laboratory & blood draws provided through LabCorp
- Onsite X-ray
- Onsite Supplement Store

# Special Programs

## Advanced Cardiovascular Care

Measuring cholesterol alone without looking at inflammation is not enough to truly understand your heart health risk. We combine national recommendations with research-based testing to individualize your care to help prevent and treatment strokes and heart attacks.

## Health Coaching

Our Health Coach works with you and your medical provider to support you in identifying and working towards your goals by providing you with the education, tools, and support to help you live a healthy lifestyle. We have one-on-one and group options available.

## Clinical Pharmacy

Need help managing your medication? Meet with our Clinical Pharmacist for support in understanding your medications and making sure you are taking them properly.

## Behavioral Health

Our behavioral health providers from Jefferson Center for Mental Health use Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Solution Focused Therapy, and mindfulness skills to help patients achieve a better quality of life. Your WMC provider and behavioral health provider will work together with you to help manage your care.

## HeartMath

HeartMath is an evidence-based biofeedback program that scientifically monitors your emotional and physical health through measuring your heart rate variability. In a Heartmath session, you will learn more about your emotional and physical health, how to use the program, and techniques and tools to improve your health.

## Advanced Care Planning and Serious Illness Conversations

This program is a series of discussions between you and your provider about what is most important to you. It is opportunity for you and your provider to make sure you are receiving the care that best matches your beliefs and values and help prepare your loved ones to make the right decisions for you if you are unable to in the future.

# Access and Communication



WMC offers:

- Same day appointments
- Telemedicine visits
- Covid symptom testing in the parking lot
- 24/7 on-call WMC medical providers
- Online scheduling and communication
- Patient Portal
- The Pulse (WMC's monthly health education newsletter)

## Costs



At WMC, we believe in cost transparency. Go to our [website](#) for an updated list of costs for our services.

## Insurance

We accept most commercial health insurance plans. Please visit our [website](#) for a complete list or give us a call. We do not bill Medicaid or participate in the Fee-For-Service Medicare Plans through the various insurance companies.

## Friday Health Plans

WMC is in network with Friday Health Plans. Friday Health Plans is an insurance company that has plans with zero-copays and unlimited primary care for an affordable monthly premium. WMC recommends Friday Health Plans if looking for a commercial insurance plan.

## WMC Direct

Available for all patients and businesses, WMC Direct is a payment option where you receive unlimited primary care services at an affordable monthly fee with discounts. WMC Direct is an option rather than using health insurance, but WMC recommends getting a high-deductible plan with WMC Direct.