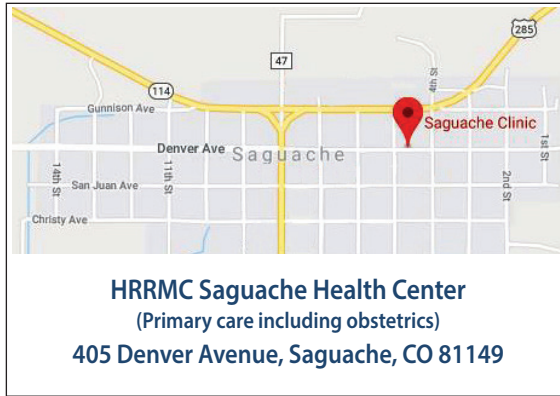


PAYMENT

* We accept Medicare, Health First Colorado (Colorado Medicaid) and most insurances.

1. Payment/copay is due at time of service.
2. There will be a fee for your visit. Other services, including lab tests, will be billed in addition.
3. You may request an estimate of charges at time of service.
4. Medicare patients of the HRRMC Saguache Health Center will receive two explanations of benefits—one for the office visit/procedures and one for any additional diagnostic services.
5. A 15% prompt-payment discount is available to self-pay and uninsured patients.
6. We accept cash, check, Visa, Mastercard and Discover.
7. Claims with most insurance plans are filed on your behalf.
8. Structured payment plans are available.
9. Billing questions may be directed to account representatives by calling (719) 530-2475.



Pharmacy Services

After seeing your provider, you may have prescriptions that need to be filled. These will be available for pickup at the HRRMC Saguache Health Center Tuesdays, Wednesdays and Thursdays of each week.

There are several ways to enroll with the HRRMC Pharmacy:

- Call (719) 530-2430.
- Visit hrrmc.com/services/pharmacy and create an account.
- Download our HRRMC Pharmacy mobile app on the Apple Store or Google Play.

On the **HRRMC Pharmacy** mobile app, you can manage your prescriptions, order refills, and receive notifications when your prescriptions are ready for pickup.

For any additional pharmacy questions, please call (719) 530-2430.

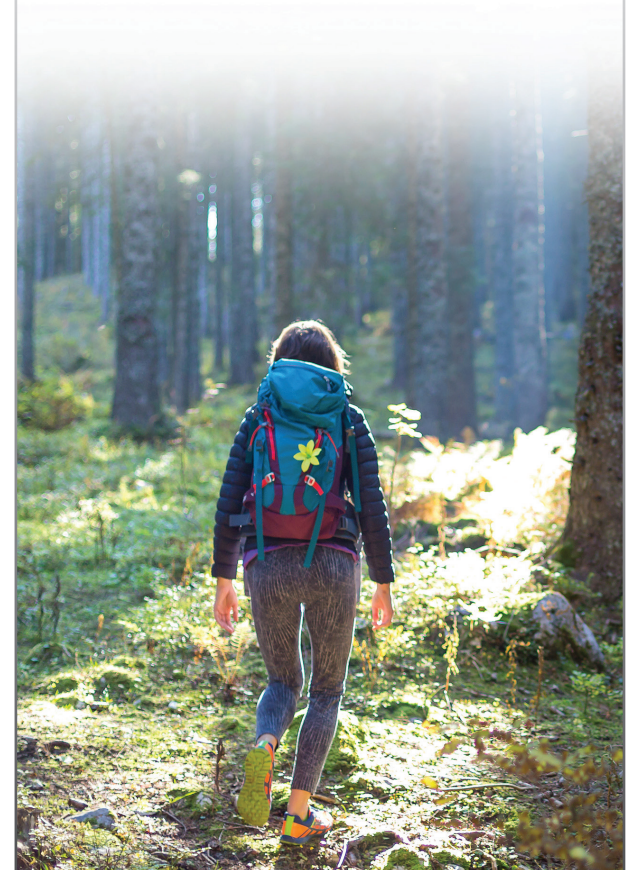


HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

HRRMC Saguache Health Center



HRRMC Saguache Health Center
405 Denver Avenue, Saguache, CO 81149

(719) 655-2531

WELCOME

HRRMC Saguache Health Center provides comprehensive medical care for the entire family.



Clinic Services

- Primary care
- Family medicine
- Obstetrics
- Rehabilitation services, including physical therapy
- Pharmacy prescription pickup
- Department of Transportation (DOT) and sports physicals
- Walk-in flu vaccination available every Wednesday afternoon
- Free orthopedic evaluation clinics twice per month

Rehab Services

The HRRMC Rehabilitation Department assists individuals who require physical therapy due to injury, illness or surgery. Physical therapists improve mobility, and help patients manage or eliminate pain, in many cases without long-term use of prescription medication and exposure to its side effects.

Our physical therapists provide a wide variety of the following services:

- Acute care and home health
- Pain management
- Trigger point dry needling
- Orthopedic therapy
- Dizziness and balance therapy
- Sports rehabilitation
- Home safety assessments

OUR PROVIDERS



James Wigington, M.D.

Medical School: University of Colorado Health Sciences Center

Residency: Family Medicine, Northern Colorado Medical Center, Greeley

Board Certification: American Board of Family Medicine

Special Interests: Obstetrics including C-sections, Pediatrics, Sports Medicine



Ashley O'Hara, M.D.

Medical School: University of Rochester School of Medicine and Dentistry

Residency: Family Medicine, St. Mary's Family Medicine, Grand Junction

Board Certification: American Board of Family Medicine

Special Interests: Women's Health including Obstetrics, Pediatrics, Sports Medicine, Geriatrics, Palliative Care, Travel Medicine, Wilderness Medicine, Wellness/Preventive Services



Sarah Stoit, FNP-C

School: University of Arizona

Board Certification: American Association of Nurse Practitioners

Special Interests: Stoit has previously practiced in ICU, urgent care and clinical settings. She also has a special interest in plant-based nutrition and using food and exercise to help heal.



APPOINTMENTS

Call (719) 655-2531 Monday – Friday to make an appointment for the following services:

Family Medicine and Obstetrics

Tuesdays and Wednesdays, 9 a.m. – 4 p.m.

Direct Access Testing

Tuesdays and Wednesdays, 9 a.m. – 3:30 p.m.

Pain Management

First and last Thursdays of the month

8:30 a.m. – 4 p.m.

Call (719) 530-2040 Monday – Thursday to make an appointment for Rehabilitation services.

FREE ORTHOPEDIC EVALUATIONS

On the first and third Wednesday of every month from 8:30 a.m. – noon, our athletic trainers will evaluate any acute or chronic orthopedic injury or issue, free of charge. To learn more, or to make an appointment, call (719) 655-2531.

POLICIES AND PROCEDURES

- For EMERGENCIES, call 911 or go to the nearest hospital emergency room.
- Contact your pharmacy directly for all refills and renewals of medications. Allow 72 hours for processing. Only first-time prescriptions and narcotic refills are generated from our office.
- All test and laboratory results are communicated back to the patient as promptly as possible.
- When leaving a message, please spell your name and provide date of birth, phone number, and a detailed request, including level of urgency.
- If you are unable to keep an appointment, please give 24 hours notice of cancellation.