

## PAYMENT

- Payment/copay is due at time of service.
- There will be a fee for your visit. Other services, including lab tests, will be billed in addition.
- You may request an estimate of charges at time of service.
- Medicare patients of the HRRMC Outpatient Pavilion in Salida will receive one explanation of benefits—clinic charges will be added to any hospital charges that may be incurred on that same day. Medicare patients are charged the same amount as non-Medicare patients, but the bill is broken down differently for Medicare reimbursement.
- A 15% prompt-payment discount is available to self-pay and uninsured patients.
- We accept cash, check, Visa, Mastercard and Discover.
- Claims with most insurance plans are filed on your behalf.
- Structured payment plans are available.
- Billing questions may be directed to account representatives by calling (719) 530-2475.

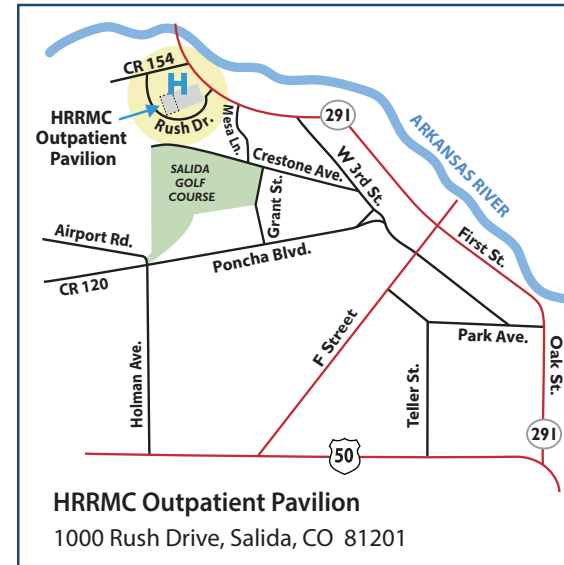


## POLICIES AND PROCEDURES

- 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. After hours, if you have an urgent healthcare need, please contact the HRRMC Emergency Department at (719) 530-2157.
- If you are unable to keep an appointment, please give 24 hours notice of cancellation.



## OFFICE LOCATION



The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.



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## HRRMC Pain Management

*Don't let pain control your life.*



HRRMC Outpatient Pavilion  
1000 Rush Drive, Salida, CO 81201

**(719) 530-2000**

## WELCOME TO HRRMC PAIN MANAGEMENT

**HRRMC Pain Management specializes in the treatment of chronic pain conditions caused by injury, illness, disease or surgery.**

### Our location

**Our office is located in the HRRMC Outpatient Pavilion on the hospital campus in Salida.**

Our hours are Monday through Thursday, from 8 a.m. to 5 p.m.

### Appointments

- For new patient visits, please make your plans well in advance by contacting our receptionist.
- For urgent care requiring a same-day appointment, please contact our receptionist. We will do our very best to schedule you.
- Please arrange all appointments by calling (719) 530-2000.

### Services and conditions treated:

- Chronic and acute pain management
- Headaches and migraines
- Fibromyalgia
- Back and neck pain
- Musculoskeletal injuries
- Joint pain
- Arthritis
- Epidural and joint injections
- Nerve blocks
- Botox®
- Radio frequency ablation
- Implants



**Richard M. Wolkowitz, M.D., FIPP**

Dr. Wolkowitz received his medical degree from the University of Missouri at Columbia, where he also performed an internship and a residency. Dr. Wolkowitz currently practices at the Columbia Interventional Pain Center, where he specializes in innovative treatments of degenerative disorders and acute injuries. He has previously worked as a staff anesthesiologist, a pain clinic director, and a consultant in cardiovascular anesthesia and pain management. Dr. Wolkowitz is board certified by the National Board of Medical Examiners and is a diplomate of the American Board of Anesthesiology and the American Board of Pain Medicine.



**Elizabeth Curie, BAN, RN, MSN, NP-C**

Known as “Ellie” by her patients, Ellie earned her Bachelor’s of Arts in Nursing at Augustana University in Sioux Falls, South Dakota. She went on to complete a medical-surgical nurse residency, and then gained experience in TBI/Spinal Cord Injury units and Emergency Departments. She earned her Master’s of Science in Nursing at Clarkson College in Omaha, Nebraska. As a nurse practitioner, Ellie has a strong background in corrections and addiction medicine, most recently having worked as an clinic provider and medical director for several Colorado county jails. She also has experience in urgent care, house calls, family practice and Indian Health Services.

## WHAT YOU SHOULD KNOW ABOUT PAIN MANAGEMENT

There are many different causes and kinds of pain, and all pain is treated differently. Dr. Wolkowitz will tailor an individualized treatment plan for you. He specializes in innovative treatments of degenerative disorders and acute injuries. He has previously worked as a staff anesthesiologist, a pain clinic director, and a consultant in cardiovascular anesthesia and pain management.

### Talking about your pain

You know your pain better than anyone — and as hard as it’s been to handle it, your experience holds the key to making a plan to treat it.

Each person and their pain issues are unique. The best way to manage your case could be very different from what works for someone else. Your treatment will depend upon factors such as:

- The cause
- The intensity
- Duration
- What makes it worse or better

Be sure to share that information with any health professional you work with. It will help them find the right solutions for you.

### Managing your pain

There are many ways to manage your pain. Depending on your illness or condition, the following interventions may be used:

- Medication
- Injections
- Nerve stimulation
- Physical therapy
- Massage
- Exercise
- Relaxation techniques

### Some helpful questions to ask the medical professional:

- What is causing my pain?
- What will worsen my pain?
- Are there things I can do at home or in my life to reduce my pain?
- Is medicine necessary?
- If medicine is needed, what am I being prescribed?
- Can I take other medications at the same time?
- How long can I take medicine? What are the side effects? Is long-term use harmful?
- Are there alternative treatments?
- How often do I need to come for an office visit?

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