

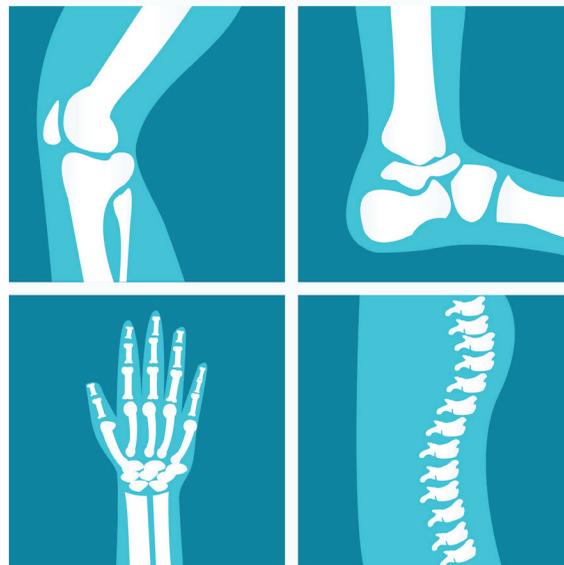
PAYMENT

- 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.

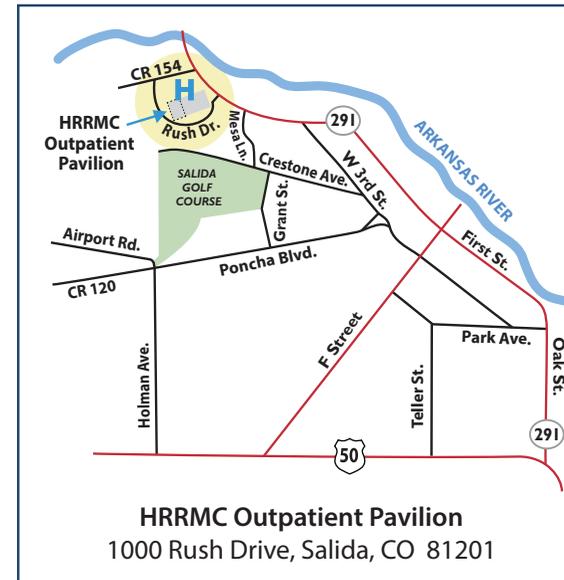


POLICIES AND PROCEDURES

- 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 LOCATIONS



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.

Buena Vista Health Center
28374 CR 317, Buena Vista, CO 81211
(719) 395-9048


HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER
hrrmc.com

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REGIONAL MEDICAL CENTER

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 locations

HRRMC Outpatient Pavilion

1000 Rush Drive, Salida
Monday–Thursday, 8 a.m.–5 p.m.

Buena Vista Health Center

28374 County Road 317, Buena Vista
Weekly appointments available – call the BVHC clinic to schedule

Appointments

Please call the individual clinic location to schedule your appointment:

Salida: (719) 530-2000

Buena Vista: (719) 395-9048

Conditions we treat

- Arthritis
- Carpal tunnel syndrome
- Complex regional pain syndrome
- Spine-related pain
- Myofascial pain syndromes
- Neurological syndromes
- Neuropathy
- Postherpetic neuralgia
- Postsurgical pain
- Phantom limb pain
- Radiculopathy
- Sacroiliitis
- Sports-related injuries
- Headaches
- Musculoskeletal pain



Richard M. Wolkowitz, M.D., performs a variety of injections and surgeries for patients with chronic pain.

Medical School: University of Missouri, Columbia, MO



Amy B. Foraker, PhD, DNP, AGACNP-BC is a board-certified Adult-Gerontology Acute Care Nurse Practitioner, with experience in Internal Medicine and Pain Management.

Graduate School: Doctor of Nursing Practice, Adult/Gerontology Acute Care, Colorado State University, Pueblo, CO



Aubrey Pavlacka, PA-C, MPAS, is a board-certified Physician Assistant who began her career in Denver working at an interventional pain management facility. She treats acute and chronic pain disorders with an

emphasis on non-operative spinal care.

Graduate School: Master of Science in Physician Assistant Studies, Texas Tech Health Science Center, Midland, TX



Jessie Wilburn, PA-C, CAQ-EM, DiMM is a board-certified Physician Assistant with a certificate of added qualifications (CAQ) in Emergency Medicine. She practiced Emergency Medicine for 5 years in Minneso-

ta before making the transition to pain medicine.

Graduate School: Master of science in Physician Assistant Studies, Massachusetts College of Pharmacy and Health Sciences University, Manchester, NH.

WHAT YOU SHOULD KNOW ABOUT PAIN MANAGEMENT

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

Services provided for pain management

- Vertiflex
- Kyohoplasty
- Sacroplasty
- Intrathecal pain medication system
- Botox®
 - Spasticity
 - Chronic migraines
- Epidural and joint injections
- Radio frequency ablation
- Medication
- Nerve blocks
- Implants
- Discography
- Facet joint injection
- Joint injections (hip, shoulder, knee, etc.)
- Sacroiliac joint injection
- Selective nerve root block
- Spinal cord stimulation
- Spinal medial branch blocks
- Trigger point injection
- Regenerative stem cell therapy
- Platelet-rich plasma (PRP) therapy

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?

WHAT ARE STEM CELLS?

