

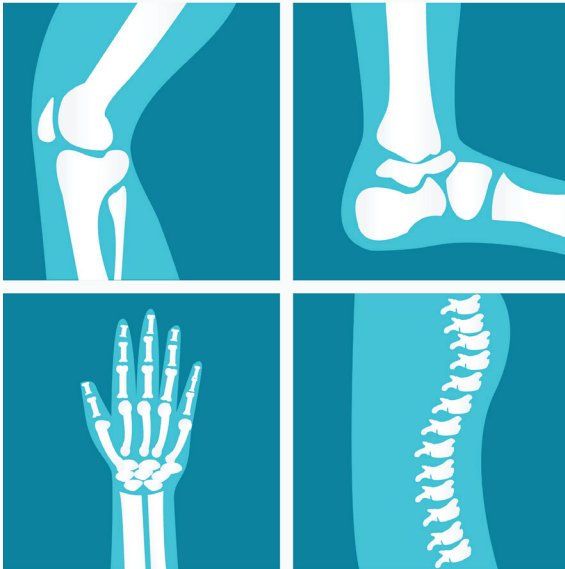
PAYMENT

- 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.

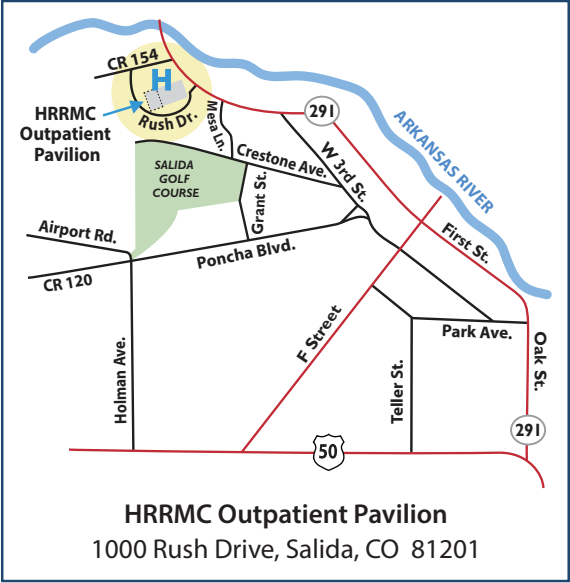


POLICIES AND PROCEDURES

- 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

Saguache Health Center
405 N. Denver Ave., Saguache, CO 81149
(719) 655-2531



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
Tuesdays, 8 a.m.–5 p.m.

Saguache Health Center

405 Denver Avenue, Saguache
2nd & 4th Thursdays of the month
8:30 a.m.– 4 p.m.

Appointments

Please arrange all appointments by calling
(719) 530-2000.

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



John Cottrell, MSN, AGACNP-BC, “Jac” is a board-certified Nurse Practitioner providing chronic and acute pain management treatments across the adult life span, and across multiple clinics in Chaffee and Saguache counties.

Graduate School: Master of Science, Adult-Gerontology Acute Care Nurse Practitioner, University of Colorado – Anschutz, Aurora, CO



Elizabeth Curie, BAN, RN, MSN, NP-C, “Ellie” is a board-certified Family Nurse Practitioner providing comprehensive pain management to patients of all ages. She performs in-office and telemedicine pain assessments, minimally invasive

pain interventions and medication management.

Graduate School: Master of Science in Nursing, Clarkson College, Omaha, NE



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

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.

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?

