

Hours of Operation

Office Hours

Monday	7:30 a.m. - 6:00 p.m.
Tuesday	7:30 a.m. - 6:00 p.m.
Wednesday	7:30 a.m. - 6:00 p.m.
Thursday	7:30 a.m. - 6:00 p.m.
Friday	7:30 a.m. - 5:00 p.m.
Saturday	8:00 a.m. - 11:00 a.m.
Sunday	CLOSED

Patient Care Hours

Monday	8:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:45 p.m.
Tuesday	7:40 a.m. - 12:00 p.m. 1:00 p.m. - 5:45 p.m.
Wednesday	7:40 a.m. - 12:00 p.m. 1:00 p.m. - 5:45 p.m.
Thursday	8:00 a.m. - 12:00 p.m. 1:00 p.m. - 5:45 p.m.
Friday	7:40 a.m. - 12:00 p.m. 1:00 p.m. - 4:45 p.m.
Saturday	8:40 a.m. - 11:00 a.m.
Sunday	CLOSED

AFTER CLINIC HOURS:
CALL 641-932-2134

SERVICES

- Primary care for all ages
- Acute illness & injury care
- Chronic disease management
- Adult/Pediatric wellness and physical exams
- Adult/Pediatric immunizations
- Diabetes care
- Family planning and birth control
- Skin biopsies and treatment
- Joint injections
- Minor office procedures

QUICK CARE

Same day appointments for minor illness and injury.

P: 641-932-7172

**Request an appointment online at:
www.MCHAlbia.com**

THE PATIENT PORTAL

MyMCHC Portal provides secure, online access to your personal medical information. MyMCHC Portal allows a patient to send a secure electronic message to their healthcare team, request an appointment, view visit summaries, lab results, and vitals. A caregiver can also view a patient's medical record (authorization required).

For more information on MyMCHC Portal and how you can participate, please visit MCHAlbia.com.

6582 165th Street • Albia, IA 52531
MCHAlbia.com • 641-932-7172



PATIENT CENTERED MEDICAL HOME



Monroe County
HOSPITAL & CLINICS

WHAT IS A HEALTH COACH?

Monroe County Hospital & Clinics health coach is a licensed, registered nurse with special training who works with primary care providers to provide one-on-one care to help patients set and achieve health care improvement goals.

WHO CAN VISIT A HEALTH COACH?

A health coach works with patients with chronic conditions such as diabetes, heart disease or high blood pressure, to provide education and support during the journey to a healthier lifestyle.

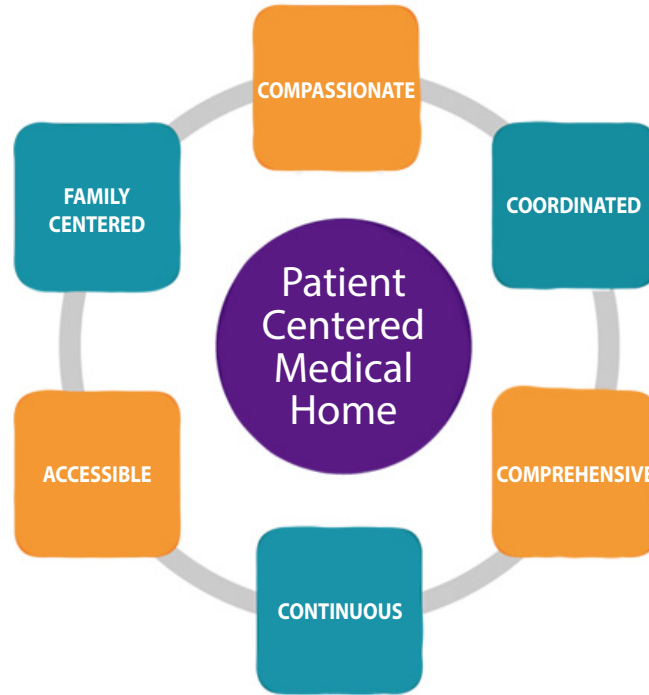
Most importantly, a health coach provides ongoing support to patients as they make changes to improve their health.

WHAT IS THE COST OF HEALTH COACH SERVICES?

Services provided by Monroe County Hospital & Clinics health coach are free to patients who visit a Monroe County Hospital & Clinics.

Contact the
Health Coach!

P: 641-932-1628



OUR ROLE AS YOUR TRUSTED HEALTHCARE TEAM

- Provide a **safe and healthy** environment to receive care
- **Partner with you** in making healthcare decisions
- **Coordinate with you**, your authorized representatives, and other healthcare providers
- **Keeping you informed and on-track** by providing:
 - Health Coaching
 - Self-Care Management Support
 - Health Resources
 - Preventive Care
 - Tailored Care

WHAT CAN YOU DO TO HELP?

1. Be an active team player

- Talk with your team about your health questions
- Share your past health care successes and challenges
- Tell your team about other health care professionals who care for you
- Tell your team how you feel about the care you are getting from them

2. Take care of your health

- Follow the health care plan you and your team have talked about
- Make sure you understand how to follow the plan
- Set goals you can reach
- Once you begin to see results, you and your team can discuss adding new goals

3. Talk openly with your team

- Tell your team if you are having trouble sticking with your care plan
- Speak up!
- Tell your team what is not working so together you can make changes if needed

DO YOU KNOW YOUR NUMBERS?

- Blood Pressure
- Blood Sugar
- Height
- Weight

If you have questions, talk with your provider or health coach.