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

Walk-in and Same Day appointments available for simple illness and injury.

P: 641-932-7172

THE PATIENT PORTAL

MyMCHC Portal provides secure, online access to your personal medical information. MyMCHC Portal allows a patient to schedule an appointment, send a secure electronic message to their healthcare team, 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.
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.

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.

Contact the Health Coach!
P: 641-932-1628