

What's at the Health Commons

**In Sandoval
County**



1500 Idalia Road, Bldg. B. Bernalillo NM 87004



Services at the Community Health Program include

- WIC
- Medicaid Enrollment
- Family Planning/ Immunizations
- Prenatal Education
- Children's Medical Services
- Health Care Assistance Program
- Parenting Resources
- Developmental Check-Ups
- Oral Health
- Referrals to Other services



WIC Program

WIC is the special supplement food program for women, infant and children.

- How to make an Appointment
- How to Qualify for WIC
- WIC Services
 - ✓ Supplemental Foods
 - ✓ Nutrition Education
 - ✓ Information and support on breastfeeding



What is a WIC Certification

- Qualification for WIC services
- One on one nutrition and other health screening
- One on one nutrition education and Counseling
- Information about your food package



WIC Schedule of Classes

- Classes are open to the community
- Children, parents, grandparents, caregivers, and anyone in the community are welcome.
- There is always time to ask your own questions.
- A great time to meet and chat with other parents and caregivers.
- You can pick up your WIC benefits after you take a class (Ask us how that works)
- **QUESTIONS? CALL 867-2291**



Class Topics

- **Playgroups**
- **All About Breastfeeding**
- **Post partum**
- **Feeding your Family**
- **What Expecting Moms want to know**
- **Oral Health**
- **Help with Medicaid***
- **Music Class**

* You must schedule ahead of time for these classes



Family Planning Program

- Birth Control for Men and Women
- Physical exam and STD check-up
- Pap smear and lab tests
- Education, Counseling and referral
- Fees charged according to income
- Donations are welcome
- Immunizations for those with no medical home
- Pregnancy tests



What is Family Planning?

- Well women health exams
- Birth control at no cost or at sliding scale fee (based on income and # in family)
 - Birth control pills
 - IUD insertion
 - Depo
 - No cost condoms
- Prevention of unintended pregnancy (Teens and young women are our greatest concern)
- Prevention of STD's
- PAP testing and annual well woman exams
- Vasectomy for men and well male exams
- Focus of program is for women and men who are of child bearing age and want to prevent, or plan a pregnancy



Immunization Program

- Immunization program is for children from birth to age 19
- It is a no cost service
- It is a state law that all children must complete their immunizations before entering day care or school...Done by One!
- New HPV vaccine is available to 11 year old girls...
 - HPV vaccine is more effective if girls receive the vaccine before they become sexually active
 - It is a series of 3 vaccines
 - It prevents certain types of cervical cancer
 - You can prevent your daughter from getting certain types of cancer
 - This is a medical intervention



Community Health Worker Support

- **Medicaid enrollment**
- **Screening**
- **Prenatal Support and Education**
- **Parenting Support and Education**
- **Referral to other health and social programs**



Medicaid Enrollment

- For Pregnant Women
- Children ages 0-19
- Emergency Presumptive Eligibility for Pregnant women and children ages 0-19.



Prenatal Education

Weekly Prenatal Discussion Groups

- Labor and delivery
- Meeting other pregnant moms and new moms
- Breastfeeding Support
- Preparing to bring new baby home



Developmental Check-Ups

We Check your Childs

- Speech
- How they are moving around
- Their Social/Emotional
- & how they figure things out



Children's Medical Services

Children's Medical Services (CMS): For all children, birth through age 21, who do not qualify for Medicaid, who live in the State of New Mexico and have a chronic medical condition.



Health Care Assistance Program

The program provides financial assistance to medically indigent patients (“Patients”) who are residents of Sandoval County for authorized costs of ambulance transportation and inpatient hospitalization health care services (“Services”) provided by HCAP designated health care providers (“Providers”).



Health Care Assistance Program Cont.

To be eligible for the program the Patient must be:

- A resident of Sandoval County for 90 consecutive days
- Patient must provide verification of income at or below the 185% of the Federal Poverty Guidelines.
- Patient cannot be eligible for Medicare, Medicaid, State Coverage Insurance, Indian Health Services or any other third party insurance program.
- For further information please access the Health Care Assistance program on the Home Page of this web-site.



Oral Health

- Preventive Oral Health Care for Pregnant Women and children under age 19
- Referrals for further treatment
- Medicaid and Health Care Assistance Program (HCAP) Recipients only



Welcome to our Program

- If you have any questions please call our program at 505-867-2291