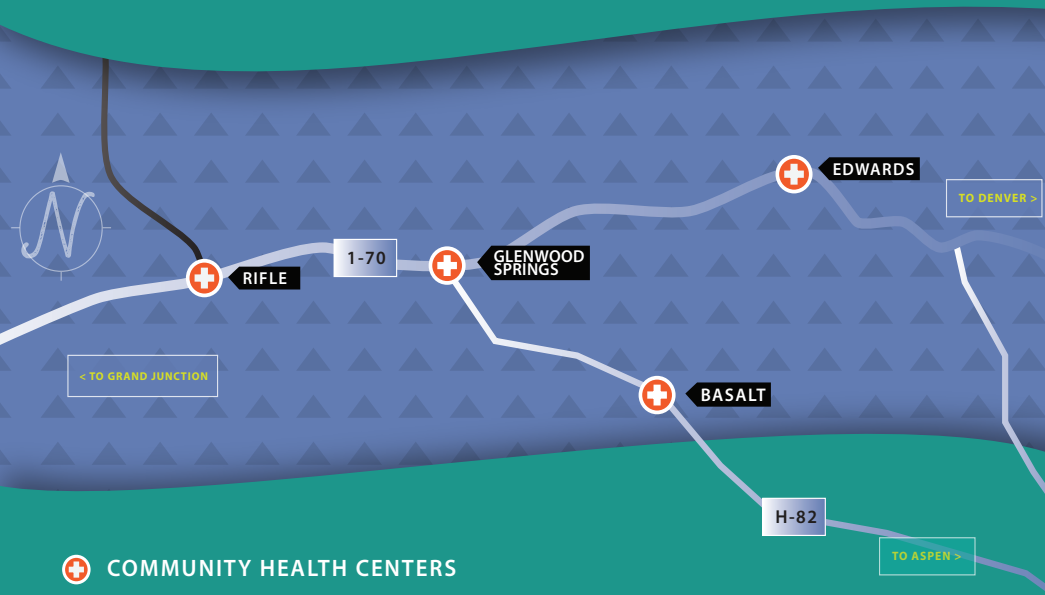


Locations



COMMUNITY HEALTH CENTERS

BASALT INTEGRATED HEALTH CENTER

123 Emma Lane
Basalt, CO 81621

EDWARDS INTEGRATED HEALTH CENTER

320 Beard Creek Road
Edwards, CO 81632

GLENWOOD SPRINGS INTEGRATED HEALTH CENTER

1905 Blake Ave., Suite 101
Glenwood Springs, CO 81601

RIFLE HEALTH INTEGRATED CENTER

195 W. 14th Street, Bldg. C
Rifle, CO 81650



Mountain Family
HEALTH CENTERS

ADMINISTRATIVE OFFICE

2700 Gilstrap Court, Suite 100
Glenwood Springs, CO 81601

Phone: (970) 945-2840

Email: contact@mountainfamily.org

Website: www.mountainfamily.org

Welcome to our Family



Health
Solutions



Mountain Family
HEALTH CENTERS



Thank you for choosing Health Solutions!

Here's what you need to know

ABOUT MOUNTAIN FAMILY

We have grown into the health care home for more than 21,400 persons, providing integrated health care - medical, dental and behavioral care - for individuals and families in Garfield, Eagle, Pitkin and Rio Blanco counties. Our mission is to provide access to care for all.

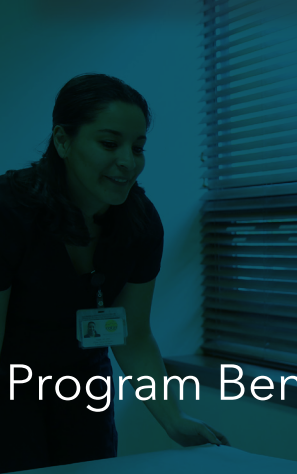
YOUR MEMBERSHIP ID CARD

Remove this card and keep it in your wallet. This is your access to your Health Solutions membership at our integrated health centers. Whether it's medical, dental, or behavioral care, we've got you covered.



Reach us at:
970-928-1716
www.mountainfamily.org

WRITE MEMBER ID NUMBER HERE



Program Benefits

- Dedicated teams delivering medical, dental and behavioral health services
- Convenient Mountain Family Health Centers locations in Garfield, Pitkin, and Eagle counties
- No visit limits, no co-pays, and no deductibles
- Mobile app services powered by www.MedCierge.us

THIS IS NOT INSURANCE - Health Solutions, LLC is not an insurance product. It is a membership program designed to provide members access to health and wellness services within Mountain Family Health Centers' scope of care.

Included Services

970-928-1716 | www.mountainfamily.org

Medical

PREVENTIVE CARE

- Well-child visits
- Annual wellness exams
- Sports physicals
- Screening labs
- Cancer screening
- Immunizations as available (excluding travel consults)
- Healthy lifestyle coaching/weight loss
- Sexually transmitted infection screening

* Not included: vasectomies and IUDs

ACUTE CARE

- Cough/cold/flu/sinus infection
- Sore throat/strep throat
- Urinary tract infection
- Injuries (including stitches and casting)
- Headaches
- Abdominal complaints
- Rashes
- Fever
- Allergies

CHRONIC DISEASE MANAGEMENT

- Respiratory problems (COPD/asthma)
- Diabetes
- High blood pressure
- Thyroid problems
- Medical management of behavioral health Issues (Depression, anxiety, PTSD)
- Arthritis
- Kidney disease
- Heart disease
- Goals of care

Dental

PREVENTIVE CARE

- Comprehensive dental exams with x-rays (prophylaxis/preventative cleanings, x-rays)

* Not included: treatment of periodontal disease, fillings, extractions, reconstructive work

Behavioral

- Medical management of mental health issues

* Not Included: Medication Assisted Treatment (MAT) and psychiatric care

Support

MOBILE APPLICATION SERVICES

- After-hours provider assessment
- Advocate service
- Scan Saver
- Smart Pharmacy
- Price Shopper

OTHER SERVICES

- Health education
- Education/enrollment assistance in Medicaid and Connect for Health Colorado programs

Excluded Services

- Specialized labs
- Prenatal
- All medical contraceptive prescriptions
- Major medical specialty procedures
- Psychiatric services
- Dental procedures

Services not on this list and all exclusions are offered at a fee-for-service or on a sliding fee scale based on income.

For specific questions please contact Health Solutions at 970-928-1716.



Our MedCierge App

Our MediCierge App provides quick and user friendly access to on-call after-hours provider assessment and medical resources.

Other resources include an advocate to help navigate your plan and answer billing questions, Scan Saver, Smart Pharmacy and Price Shopper. These resources help ensure you are making informed medical decisions.

1. Download the MedCierge app to your Smart Phone.

- Find the link to the app on our website, at www.medcierge.us, or in your App Store, (search MedCierge).
- To activate the MedCierge app, tap **"I have an entry code"** at the bottom of the screen. Enter the code below and then tap **"continue"**.

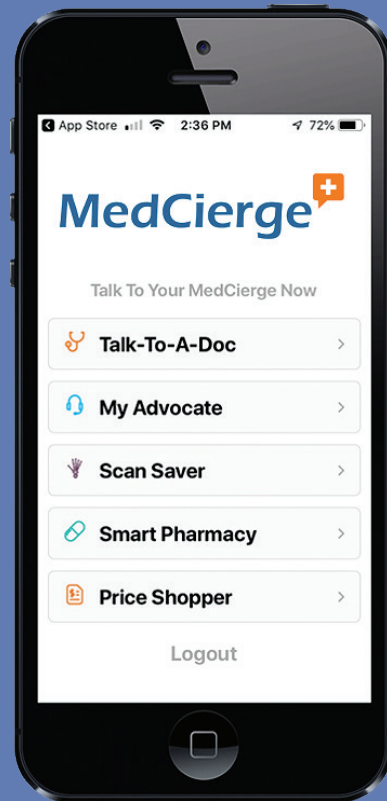
Entry Code: **health**

(If you log out you will need this entry code to log back in.)

The app is now activated.

2. Allow notifications from the MedCierge app.

We'll share brief reminders once in a while, so you don't forget to use MedCierge to save time and money.



We're here for you.

Who to contact

Schedule an appointment by calling:
970-945-2840

For customer service or questions regarding your membership, please contact Health Solutions at:
970-928-1716 or **healthsolutions@mountainfamily.org**

Monthly membership fee options

- **\$69 medical coverage only**
(For all individuals including kids)
- **\$30 behavioral health only**
(Must include medical at \$69. Total \$99)
- **\$30 dental health only**
(Must include medical at \$69. Total \$99)
- **\$129 for integrated care**
(Medical, dental, behavioral)
- **\$35 for employers to provide medical coverage only to qualified* employees**
*(*Employees who are not offered insurance by their employer)*
- **Employees may choose to add dependents at the individual rates**

