CALL US FOR TELEHEALTH: WE ARE HERE FOR YOU

In light of the rapidly evolving COVID-19 pandemic, we want you to know we are here for you. You can now access your Mountain Family medical or behavioral health provider via video chat and/or phone consultations. This new mode of care is called "telehealth" and allows you to see and speak with your provider from the comfort of your own home.

To make a telehealth appointment with your medical, behavioral or dental health provider, call Mountain Family at 970-945-2840.

If telehealth is not an option for you/your needs, please contact us at MFHC to speak to our nurses to schedule a phone consultation as needed.

Read more

OUR FAMILY CARING FOR YOURS: COVID 19
A letter from Jenny Lang, FNP
Our communities on the Western Slope need us more than ever, and we are on the front lines. We are in this together, and Mountain Family is here to help.

After studying at the University of Pennsylvania to become a certified nurse midwife and at the University of Colorado to become a family nurse practitioner, I never thought that I would face a pandemic like COVID-19. Having worked at Mountain Family Health Centers for the last 20 years, I have witnessed first-hand the dedication of our staff to our mission and now to the battle against the coronavirus.

To help us protect as many people as possible from acquiring COVID-19 and assist those recovering from the coronavirus, will you please make a gift today?

Every gift helps. Your donation will help Mountain Family address a variety of evolving needs related to COVID-19, from acquiring more Personal Protective Equipment to increasing our medical and mental health telemedicine visits, to increasing our pro-active outreach to our patients by telephone.

Read complete letter

FOR MORE INFORMATION ON GIVING:
Jan Jennings, Development Director
617-595-8500
jjennings@mountainfamily.org

MAKE A GIFT

HEALTH INSURANCE OPEN ENROLLMENT UNTIL APRIL 30
Coloradans are currently able to enroll in health insurance

Coloradans are currently able to get health insurance! The Department of Insurance approved an emergency Special Enrollment period through, April 30th, to help as many people as possible protect their health and safety during the COVID-nineteen outbreak. What does this mean? This means that individuals who are currently uninsured, lost their insurance or will lose their insurance can apply for assistance through Connect for Health Colorado. Mountain Family Health Center’s Enrollment team is ready to help with the enrollment process. Please call 833-273-6672 or click here.

CONNECT for HEALTH COLORADO

CORONAVIRUS AND RESOURCES FOR YOU
Telehealth and other places to find information
Mountain Family's focus is to slow the spread of the virus, protect the local healthcare infrastructure, and care for the most vulnerable members of our community. Please take personal responsibility to help stop the spread of COVID-19 by practicing personal hygiene actions to protect others.

To set up a virtual telemedicine or tele-behavioral health visit with your MFHC provider, please call us at 970-945-2840. If telehealth is not an option for you/your needs, please contact us at MFHC to speak to our nurses to schedule a phone consultation as needed.

We strongly encourage you to practice social distancing and to minimize unnecessary social interactions in Eagle, Pitkin, and Garfield Counties.

For resources on COVID-19 from the Colorado Department of Public Health and Environment (CDPHE), click here.

For resources from our local County public health partners, visit:
- Pitkin County Public Health
- Eagle County Public Health
- Garfield County Public Health

We are thankful for our patients and wished to share the words of one recent patients who said “I am appreciative of everyone in this organization and everything that Mountain Family does because we are all in this together, and we are all going to get through this together.”

**DR. STEPHEN GLASS ON TELE-DENTISTRY**

Dental care is a quick video chat or phone call away by Dr. Stephen Glass

When I was first inspired to become a dentist in high school, I never imagined that I would be doing tele-dentistry during a time of a pandemic. Now leading our dental team at Mountain Family Health Centers, I have had first-hand experience in this new way to deliver care to our patients.

After completing dental school at Virginia Commonwealth University, I moved to Colorado to work for Mountain Family and care for underserved populations. To protect our staff and patients, during the COVID-19 outbreak we have shifted our care to tele-dentistry while still treating urgent and emergency cases in our Rifle and Edwards clinics.

Recently, our dental team was able to take care of Jose both through tele-dentistry and an in-person visit. I consulted with Jose, age 30, in the comfort of his own home via video-chat. It was nice to evaluate him at home according to his schedule. He was able to show me the spontaneous bleeding in his gums. At that point I knew I had to refer him to our clinic in Rifle where Estela Lujan-Ortiz, one of our hygienists, helped him.

Our team, including four dentists and five hygienists, stands by ready to assist you. To make a tele-dentistry appointment or to receive urgent care, please call Mountain Family at 970-945-2840.

We look forward to best serve you and hope to return to normal operations soon. Looking ahead, we are enthusiastic to open school-
Click here if you wish to make a gift.

Working together, we will get through this time and bring healthy smiles back to our patients' faces.

WELCOME JAN JENNINGS, DEVELOPMENT DIRECTOR
by Ross Brooks

Jan Jennings is our new Development Director and joined us in the midst of the COVID-19 pandemic to support our response. Jan is an accomplished international development professional with experience in capital campaigns, planned giving, and marketing with organizations from Washington DC, to Paris, to London, to locally with the Aspen Institute and Aspen Center for Environmental Studies. We're thrilled to have Jan as part of our family to lead, support and elevate our Development and Marketing teams. Jan is a resident of the Roaring Fork Valley.

For more information about Jan and the MFHC Executive Team, click here.

WELCOME JONATHAN RAMIREZ, EXECUTIVE ASSISTANT
by Ross Brooks

Jonathan Ramirez is our new Executive Assistant and joined Mountain Family in May 2019. He has served as a Medical Assistant in our Edwards and Glenwood Springs clinics over the past year. Jonathan is also a personal trainer/coach and is working on his Master's in Business Administration (MBA), with a focus on healthcare administration. We're thrilled to have Jonathan as part of our family to support and elevate the Board of Directors and Executive teams. Jonathan is a resident of the Eagle River Valley.
MOUNTAIN FAMILY’S PATIENT PORTAL IS A VALUABLE TOOL

Mountain Family’s Patient Portal allows you to communicate easily, safely and securely over your computer or mobile device. It is a valuable tool to provide you with the best medical care and to take an active role in your health care.

You can access these services via the Patient Portal:

1. Access your medical record
2. Request and view your appointment & appointment record
3. View lab results
4. Communicate with your provider and care team

Learn how to enroll

‘SHOUT OUT’ TO OUR ENTIRE TEAM
From Dr. Annelise Heckert

"I want to give a shout out to the entire MFHC team. I want to recognize how each employee has played a role in the rapid pivoting of our service lines to keep our patients and employees safe, while still delivering exemplary care during this pandemic. This would not be possible without flexibility and teamwork demonstrated by everyone in these uncertain times. I also want to note how appreciative our patients have been that they have not been “forgotten” in all the chaos, and how comforting some of our outreach calls have been to our vulnerable patients. Keep up the hard work everyone, I am so proud to work for Mountain Family.”
SIGN UP FOR HEALTH SOLUTIONS
New Members Enrolling Now

Have you heard about Health Solutions? Our new medical, dental and behavioral health service offers affordable health care for employers, employees and dependents. No deductibles, copays or limits. We're signing up members now.

For more information click here, call 970-456-1233 or email HealthSolutions@mountainfamily.org.