

TUBA CITY REGIONAL HEALTH CARE CORPORATION

Mobile Health Walk In Clinic



Community Health Center
Mobile Health Program
Phone: 928-283-2783
Fax: 928-283-2106

Mission
To provide safe, accessible, quality, and culturally sensitive healthcare.



We provide referrals and information regarding cancer screening.

SERVICES

- Primary Health Care
- Laboratory Testing
- Limited Pharmacy
- Pharmacy Prescriptions
- Well Child Exams
- Specialty Clinic Referrals
- Most Adult Vaccines
- Physical Exams
(Work, CDL, School, Sports)
- Patient Case Manager



LOCATIONS

- TUBA CITY | MOENCOPI | CAMERON |
- DINNEBITO | TONALEA | LECHEE
- COPPERMINE | BODAWAY GAP | KAIBETO

Do you know your **Healthy Numbers?**



Heart Rate
Goal between
60-100 BPM



Blood Pressure
Goal to be less
than 140/90 mmHg



Glucose
A1C Goal
less than 7



Cholesterol
Total Less than
200mg/dL

For more information visit the
Mobile Medical Clinic

Physical exams are good for one year.

Please fully completed physical exam forms and provide updated immunization records.



May Mobile Medical Schedule



MON	TUES	WED	THU	FRI
WALK-IN CLINIC NO APPOINTMENT NEEDED	1 <u>MEDICAL</u> Kaibeto Market 9:00am-3:30pm	2 <u>MEDICAL</u> Moencopi Legacy 8:00am-4:00pm <i>CDL Exams Available</i>	3 <u>MEDICAL</u> Coppermine Monkey Ridge. 9:30am-3:00pm	4 NO CLINIC
7 <u>MEDICAL</u> LeChee Clinic 9:00am-3:00pm <i>CDL Exams Available</i>	8 <u>MEDICAL</u> Cameron Dental 8:30am - 4:00pm	9 <u>MEDICAL</u> Tuba City Bashas 8:00am-4:00pm <i>CDL Exams Available</i>	10 <u>MEDICAL</u> Dinnebito Clinic 9:30am-3:00pm	11 NO CLINIC
14 <u>MEDICAL</u> LeChee Clinic 9:00am-3:00pm <i>CDL Exams Available</i>	15 <u>MEDICAL</u> Tonalea Store 8:30am-4:00pm	16 <u>MEDICAL</u> Tuba City Bashas 8:00am-4:00pm <i>CDL Exams Available</i>	17 <u>MEDICAL</u> Kaibeto Market 9:00am-3:30pm	18 NO CLINIC
21 <u>MEDICAL</u> LeChee Clinic 9:00am-3:00pm <i>CDL Exams Available</i>	22 <u>MEDICAL</u> Moencopi Legacy 8:00am-4:00pm	23 <u>MEDICAL</u> Cameron Dental 8:30am - 4:00pm <i>CDL Exams Available</i>	24 <u>MEDICAL</u> Gap North of Store 8:30am - 2:30pm	25 NO CLINIC
28 <u>HOLIDAY</u>	29 <u>MEDICAL</u> Tonalea Store 8:30am-4:00pm <i>CDL Exams Available</i>	30 <u>MEDICAL</u> Dinnebito Clinic 9:30am-3:00pm <i>CDL Exams Available</i>	31 <u>MEDICAL</u> Coppermine Monkey Ridge. 9:30am-3:00pm	NO CLINIC

Last Patient must be registered 30 minutes prior to end of clinic day.

- ◆ The TCRHCC Mobile Dental Unit provides services to Western Agency schools at this time.
- ◆ Please bring all medication(s) to your visit (prescription and/or over the counter medications).
- ◆ Navajo Interpretation is available on the Mobile Medical Unit.
- ◆ Questions regarding Health Insurance and Affordable Care Act information contact our Benefit Coordinator at 928-283-2791.
- ◆ Locations are subject to change. Contact us directly at 928-283-2783 or 928-607-0396. More information is available on our website at <http://tchealth.org/mobilehealth/index.html> or on the Tuba City Regional Health Care Facebook page.
- ◆ Please provide legal documentation if parent is not present during visit.
- ◆ We are on Daylight Savings Time.

Thank You From The Mobile Health Program