CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

FREE, TAKE ONE!



GOLDEN VALLEY
HEALTH CENTERS

IN THIS ISSUE

WHOLE-PERSON CARE

FALL 2023

A message from
OUR CEO & CMO

In an era where medical advancements and technological innovations are reshaping our healthcare landscape, the concept of whole-person care is gaining popularity. It isn't just a buzz word, it's a way of life for those of us who want to live well and age gracefully.

Healthcare used to revolve around diagnosing and treating physical ailments. Today, healthcare providers are increasingly embracing an approach that addresses all parts of the body, but also the minds of patients. Whole-person care recognizes the complex nature of the patient's entire well-being and aims to treat the individual as a whole rather than a collection of isolated symptoms or conditions. Factors such as stress, social determinants of health, mental and emotional wellness and many other variables influence a person's overall health.

It begins with addressing the physical health of a patient. This involves not only diagnosing and treating medical conditions but also focusing on preventive measures and lifestyle: nutrition, exercise, regular health screenings and maintaining optimal physical health. Healthcare providers at Golden Valley Health Centers recognize the importance of personalized treatment plans that consider an individual's medical history, genetic predispositions, and current circumstances. We also emphasize cultural sensitivities in working with diverse populations.

The mind-body connection is key to a healthy life. Mental and emotional well-being significantly impact physical health. Integrating mental health support into healthcare has profound benefits. Patients coping with chronic illnesses, for instance, often experience emotional distress that can delay their recovery. Our Behavioral Health team consists of Licensed Mental Health Clinicians, Recovery Service Specialists, Case Managers, and Psychiatrist who work to address the emotional aspects of healing.

We empower patients to actively participate in their own health management. By involving patients in decisions about their treatment plans, providers can better align care with the values, goals, and lifestyle of the individual and improve overall health outcomes.

Through restructuring workflows, integrating new trainings for healthcare professionals, and learning to meet the patient where we have increased access for our patients. Telemedicine, virtual care, and digital health platforms, like MyChart facilitate continuous monitoring of a patient's health and allow more personalized and timely interventions.

Whole-person care acknowledges that each patient is more than the sum of their medical conditions. This issue of Check Up is all about whole person care, head to toe. In the following pages, you will learn about several specialty care services we provide patients. We hope you will be inspired to take advantage of these services and live a healthier life.

Please schedule a visit at any of our clinics across Merced, Stanislaus or San Joaquin counties and allow us to continue serving your health care needs.



Left: Tony Weber, MBA, President & CEO
Right: Eduardo Villarama, MD, Vice President & CMO



Fall 2023

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SPONSORSHIP OPPORTUNITIES

Golden Valley Health Centers has 65 lobbies in our 45 clinical sites, reaching more than 1,100 employees and 145,000 patients per year. Each quarter (Spring, Summer, Winter, and Fall) new magazines full of interesting and inspiring health-related information will be distributed to lobbies throughout the Central Valley. Patients are encouraged to take a free magazine home to reference later.

Check-Up magazine is brought to you by GVHC Foundation, which exists to support the charitable activities of Golden Valley Health Centers and advance the health and wellness of our communities through awareness, support, and resources for GVHC clinics and patients.

Check-Up Magazine is also available online at **GVHC.ORG**

For underwriting opportunities, please contact: **Foundation@gvhc.org**

CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

GVHC MISSION

Our mission is to improve the health of our patients by providing quality, primary healthcare services to people in the communities we serve regardless of language, financial or cultural barriers.

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CHECK-UP Magazine is published by the Communications Department of Golden Valley Health Centers.

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GOLDEN VALLEY HEALTH CENTERS

CHIROPRACTIC CARE

Nearly 10% of American adults experience persistent or chronic back pain. Living with constant discomfort can negatively impact all areas of an individual's life. Golden Valley Health Centers (GVHC) Chiropractic care enhances patient experience by addressing chronic pain issues. When a patient leaves the provider's office, they want immediate relief from pain, and tools to manage their discomfort. Chiropractic care does that.

With chiropractic care, patients feel immediate relief, which allows them to get back to work and life quickly. At GVHC, the relationship between the chiropractor and patient is based on building trust. This leads to high quality care and better health outcomes. With eight chiropractors to serve patients through several clinical locations, any patient who is suffering has the opportunity to seek treatment within the network of GVHC providers.

We customize treatment plans to the specific needs of the patient. Through a patient-centered approach, providers have come to understand that mental health is a cornerstone of chiropractic care. GVHC chiropractors dive deep with patients, asking what stressors they have that can contribute to their somatic pain. The ultimate goal is for a patient to walk into a provider's office, get treatment, and feel better immediately, breaking the cycle of persistent, acute chronic pain.

Chiropractic care looks at how to improve population health by assessing what patients' lives are like, and how their health needs can be addressed. In treating agricultural farm workers, for example, chiropractors are seeking to primarily address work-related injuries from repetitive movements. For remote working populations, chiropractors are seeing an increase in back and neck pain. Chiropractic care touches all aspects of whole person health, addressing biological, psychosocial, and sociological needs.

One advantage of chiropractic care is the conservative approach to treatment that requires very little equipment, addresses the need to control chronic pain without pharmaceuticals, and avoids unnecessary surgery. Surgical treatments for back and neck pain can be not only costly, but risky to the patient. Overall costs of chiropractic treatment are 20% lower than traditional medical treatments. It has been difficult for Medi-Cal patients and uninsured populations to access chiropractic care traditionally. At Golden Valley Health Centers we are proud to provide access to several specialty care offerings including chiropractic care to all of our patients, regardless of their circumstances.

"With chiropractic care, I've seen multiple patients come in with mild Scoliosis, stress-related pain, chronic back issues and other treatable conditions. And we see the many benefits of chiropractic treatment," said Alondra Villa, GVHC Medical Assistant. "I believe that chiropractic care is the hidden gem in our specialty care offerings."

GVHC providers serve patients with compassion, respect, and understanding. Because we value the individual needs of each of our patients, our team of doctors, dentists and licensed caregivers create a personalized care plan for every unique circumstance. This team-based approach to health care is what sets us apart. Medical providers at GVHC can be flexible in their care by providing multiple resources for patients within our own network of providers. Chiropractors are an important service available to all of our patients regardless of age, language, financial and coverage barriers. Patients who are interested in chiropractic care can find out more on our website at gvhc.org





Health Net is proud to support Golden Valley Health Centers.

Providing communities with affordable health coverage for more than 40 years.

health net™

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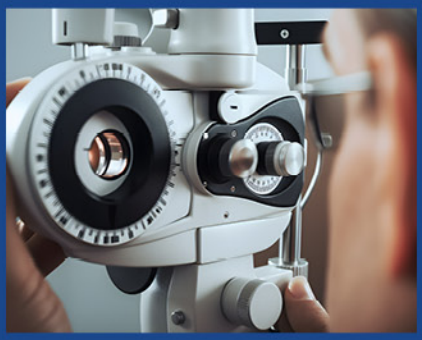
CLINIC UPDATES



RETINOPATHY SCREENINGS NOW AVAILABLE AT GVHC

Retinal Screenings are now available at Merced SHAW, Merced Suites, Merced Northview, Riverbank, McHenry, Ceres Whitmore, West Turlock, Patterson, Dos Palos, and West Modesto.

Diabetic Retinopathy is one of the most important causes of vision loss worldwide and is the principal cause of impaired vision in patients between 25 and 74 years of age with diabetes. In the United States, it is estimated that at least 4.2 million adults have Diabetic Retinopathy. Retinal examinations are important to detect and evaluate disease severity and identify patients at risk for vision loss.



LOS BANOS MEDICAL CLINIC NOW OPEN

Los Banos Medical Clinic has recently reopened to serve patients. The clinic was closed between June and mid-September, with patient care being provided through a mobile medical clinic on site. The newly remodeled clinic is now open, providing family medicine, pediatrics, behavioral health and chiropractic care. A community celebration was held on October 4th to celebrate both the newly remodeled dental and medical clinics in Los Banos.



PACE MERCED PROGRESS UPDATE

Golden Valley Health Center's Program of All-inclusive Care for the Elderly (PACE) is estimated to be open to serve the community in July, 2024. Construction on this beautiful new building is expected to be complete by the end of this year. PACE offers a great alternative to skilled nursing facilities for seniors at least 55 years old who are able to live safely at home but need assistance with care. Find out if you or someone you know might qualify by calling (209) 724-6000.





WALK IN VISITS IN CERES AND MANTECA

GVHC is now offering Walk-In visits at the Ceres and Manteca clinics (located at 1920 Memorial Drive in Ceres and 250 Northgate Drive in Manteca)! Please walk right in for your acute care needs: headache, cold/flu symptoms, stomach issues, wounds, injuries, burns, rashes, medication refill requests and more. No appointment necessary. For more information, call 209-722-GVHC (4842).

MEET A PROVIDER

Dr. Bernardi, Chiropractor

What made you want to become a Provider?

While I was in school, I was looking for different types of healthcare professions and somebody introduced me to the chiropractic profession. I was immediately drawn to it because every chiropractor I talked to seemed happy and enjoyed what they did and patients also enjoyed coming to the chiropractor's office. I also found it rewarding to help people; improving the quality of their life by decreasing their pain and improving function.

What do you like most about working at GVHC?

Coming from my private practice, I appreciate all the GVHC support staff that allows me to focus solely on being a chiropractor. GVHC has an amazing group of people working together to improve the health of our patients. I am also really appreciative of the mission of not turning anybody away who needs care.

What are your thoughts about GVHC's 50 Year history of serving this community?

I grew up in Merced, CA and GVHC started as a house that was converted into a small clinic. It's grown to 45 locations and has a diverse range of providers with various support staff, that is just incredible to me how it's grown over the 50 years.

Fun Facts About You!

Away from GVHC, I enjoy snow skiing, fishing, hiking, and the outdoors. I also am a big sports fan of the NFL, NBA, and MLB. I'm a Raider fan even though they torture me, I say I'm not going to root for them, but I keep coming back. In basketball, I was a Laker fan for a long time, but being close to northern California it's hard not to enjoy watching the Golden State Warriors with Steph Curry and Klay Thompson. For baseball I am an A's fan, I grew up in this area so I chose them and the Raiders because they were local. I started watching basketball during chiropractic school when Magic Johnson was in his second season with the Los Angeles Lakers. If I wasn't in class or studying, I would be watching sports.





Holiday Resources

The holidays can be a difficult time for many people. Along with the Golden Valley Health Centers Foundation annual Adopt-A-Family Project, there are several local phone numbers and websites to assist with connecting people in need to community resources.

211 is a free, confidential information and referral service that is available 24 hours a day, 7 days a week, 365 days a year. Assistance is available in multiple languages and services are accessible to all residents of nearly every county in California. Call Specialists answer 211 calls and provide callers with personalized information and referrals that best meets their requests. 211 Call Specialists can assist you in finding resources that may be able to help in your time of need.

CALL 211 FOR HELP

211 Stanislaus County is operated by United Way of Stanislaus County. The 211 Stanislaus database houses over 3,000 resources and service providers including resources for Utility and Rental Assistance, Housing, Food, Health, and Legal needs. In Stanislaus county, simply dial 211 or 1-877-211-7826. You can also go to their searchable database at www.stancounty 211.org. For your convenience, 211 Stanislaus is also able to send text messages directly to your cell phone.

211s are independently operated county by county. San Joaquin and Merced County residents have access to a 211 by calling from a phone in those counties.

Searchable websites:
Merced - 211merced.org (or call 844-287-7400)
San Joaquin - 211sj.org (or call 1-800-436-9997)

GVHC Foundation Adopt-A-Family Program

The holidays are a special time of year but can also be stressful for many families. The GVHC Foundation began the Adopt-A-Family Program five years ago to provide gifts and basic necessities to those in need during the holidays. This program provides a wonderful opportunity to spread joy and make a lasting impact to help Golden Valley Health Centers patients, who are experiencing financial challenges, in San Joaquin, Stanislaus and Merced Counties.

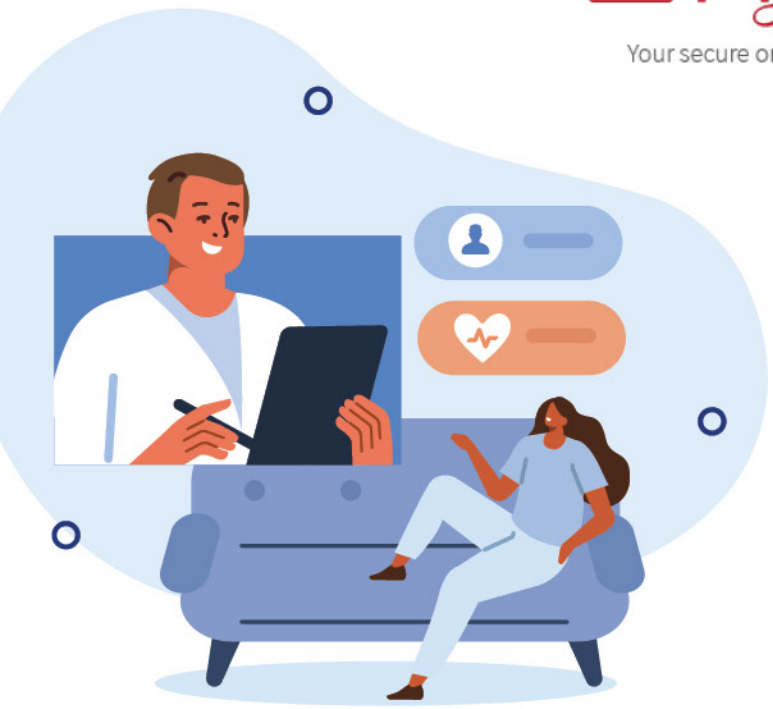
The Golden Valley Health Centers clinics are encouraged to nominate a deserving family who could use some extra support during the holiday season. The Foundation reviews the nominations and provides much needed support to the families. Whether it is food, a holiday meal, clothing or that special holiday gift for children, the Foundation wants to help our patients and their families and make their holidays special!

In 2022, the Foundation was able to bring holiday cheer to nearly 20 families. This support is made possible by GVHC employee donations and the support of the community.
If you would like to help, or have questions about the Adopt-A-Family Program, please contact the GVHC Foundation at Foundation@gvhc.org.



MyChart

Your secure online health connection



CONNECT WITH YOUR PROVIDER IN THE COMFORT OF YOUR HOME

Send a message, get online advice and treatment either face-to-face over video or in-person with your provider.

ALL YOUR HEALTH INFORMATION IN ONE PLACE

View & refill prescriptions, get tests results, view upcoming appointments, pay medical bills, and more all in one place.

DOWNLOAD THE GVHC MYCHART APP TODAY!



You don't have **time** for the flu.

CENTRAL CALIFORNIA ALLIANCE FOR HEALTH®

Help prevent yourself from getting sick from the flu or spreading it to others. Flu vaccines are available for ages **6 months and older at no cost**.

Health and wellness reward! Children 7-24 months old who get their two flu vaccine doses between September and May will be entered into a monthly raffle for a **$100 Target gift card**!

Make a flu vaccine appointment or get a flu vaccine at a walk-in location today!

Learn more at **www.thealliance.health/flu**

**Medi-Cal members under age 19 will need to get the flu vaccine at their doctor's office.*

HEALTHY PEOPLE. **HEALTHY** COMMUNITIES.

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Health Plan of San Joaquin



Do not put off your health, protect yourself

From adolescence to elder years, a yearly visit with your doctor is helpful to reduce the chance of illness and injury.

Getting vaccinated is an important part of staying healthy. Immunizations defend us against illnesses and protect high risk groups like young children and the elderly. Make sure you and your family get your vaccinations and boosters. This will decrease the chance of spreading diseases.

Thanks to vaccines, there are illnesses we hear about less often now. Diseases like polio, tetanus, hepatitis B, hepatitis A, rubella, measles, whooping cough, pneumococcal, rotavirus, mumps, chickenpox, and diphtheria.

Have you been to the doctor lately? It might be time for a booster! Scheduling routine health visits gives you a chance to keep up with shots. During your health exam, you can also talk with your doctor about your health goals and get answers to any questions you have.

Call and set up a visit today!

Need help? Contact HPSJ toll-free at 888.936.PLAN (7526) TTY/TDD 711, Monday through Friday, 8AM to 5PM.

Flu season is around the corner

We are still enjoying the summer but don't forget that flu season is coming soon. Do not wait until you get sick. Influenza (flu) vaccine is recommended for individuals 6 months and older. Visit your doctor or local pharmacy to get a flu shot. Here is what you should know about the flu[1]:

Symptoms

Fever
Cough
Sore throat
Runny/stuffy nose
Headache

High Risk Groups

Pregnant women
Adults 65 and older
Adults with health conditions like:

- **Asthma**
- **Heart disease and stroke**
- **Diabetes**
- **Chronic kidney disease**

1Centers for Disease Control and Prevention, October 2022

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MEDI-CAL RENEWAL

HOW TO KEEP YOUR COVERAGE

Medi-Cal members must renew their coverage each year to keep their health care benefits.

- Has your address or phone number changed? Update your information today via benefitscal.com. If you are a patient at Golden Valley Health Centers please call 209-237-1610 or contact your County's Medi-Cal office.
- Open, read, respond quickly to your Medi-Cal office or your health coverage company (Central California Alliance for Health, Health Net or Health Plan of San Joaquin)
- Fill out forms and return them by mail or take them to your local Medi-Cal Office.
- You will get a Notice of Action (NOA) in the mail from the Medi-Cal office if your coverage changes.

Ages 26 through 49 Adult Full Scope Medi-Cal Expansion

Basic Information

Beginning January 1, 2024, a new law in California will allow adults ages 26 through 49 to qualify for full-scope Medi-Cal, regardless of immigration status. All other Medi-Cal eligibility rules, including income limits, will still apply.

This initiative is modeled after the Young Adult Expansion of 01/2020, which provided full scope Medi-Cal to young adults 19 through 25, and the Older Adult Expansion of 05/2022, which provided full scope Medi-Cal to adults 50 years of age or older. This latest expansion of full scope Medi-Cal brings California closer to a Healthy California for All.

The U.S. Department of Homeland Security and U.S. Citizenship and Immigration Services do NOT consider receipt of health, food, and housing benefits as part of the public charge determination. Therefore, using Medi-Cal benefits (except for residential nursing home or mental health institution care) will NOT hurt an individual's immigration status. When someone applies for state-funded benefits, their information is only used to determine if they qualify. State laws protect the privacy of their information.

To learn more about this expansion and public charge please visit the link below:

https://www.dhcs.ca.gov/services/medi-cal/eligibility/Pages/Adult-Expansion.aspx



WHAT'S NEW AT CV PACE

CENTRAL VALLEY PACE

CV PACE GARDEN

Our Physical therapist Teresa Bramber has dedicated some of her valuable time by sharing one of her amazing talents, and creating this amazing wall mural for our participants to enjoy while they are watering the PACE Garden.



"LOS CHICO'S ALEGRES" (THE HAPPY CREW)

"This Group of friends has helped me get out of my depression state, and I have a family once again!"
-Juana Munoz (PACE Participant since 4/2022)

"It is always such a pleasure to be able to come to the Day center to see my PACE Family!"
–Leonel Garcia (PACE Participant since 12/2020)



CENTRAL VALLEY PACE IS NOW SERVING 300 PARTICIPANTS!

Visit us today to see why so many chose CV PACE for their place of care!

Modesto - 2401 East Orangeburg Ave. Suite 330, Modesto, CA 95355

Merced (Coming Soon) - 727 West Childs Merced, CA 95341

CVPACE.ORG



Honorina Magana and Leonel Garcia

50 years of marriage, and enjoying every moment together.

Honorina Magana and Leonel Garcia have been with Central Valley PACE since December of 2020. The couple was told about PACE by their Primary care physician after it was discovered that Leonel had difficulty remembering to take his medications and had many health problems. Honorina had some conditions that required attention as well. Leonel contacted Central Valley PACE and two enrollment specialists went to his home. They explained the benefits of the program and started the enrollment process. He was amazed at how quickly his enrollment process went and the team kept both he and his wife updated on their enrollment process. They both thought, at first, that the PACE program services did not exist or were too good to be true.



Leonel and Honorina both agree that Central Valley PACE has changed them forever, providing all the services they need in a centralized care setting, while they are still able to age gracefully in their home. “PACE has given us a new family. We can come to the day center and be able to have friends and socialize.” Leonel says that his favorite part of the day center is karaoke, where he is able to express himself through music. Honorina loves that Central Valley PACE has helped her get out of the home and gave her the ability to make friends and socialize with new people. When they arrive at PACE they are happy and are always welcomed with smiles. Leonel and Honorina were asked if they would recommend Central Valley PACE to others. They stated, “Without hesitation. PACE has helped us tremendously with all our health issues and with being able to get our socialization in.”

CENTRAL VALLEY PACE

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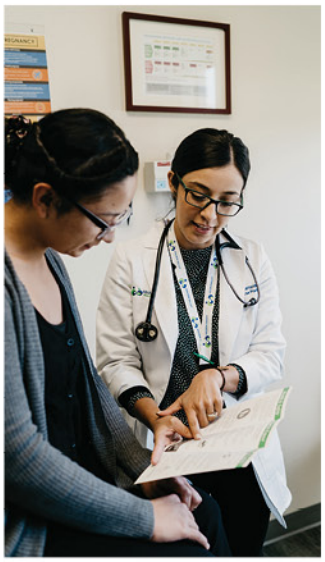
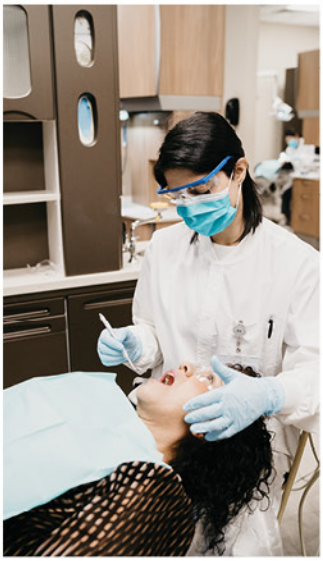
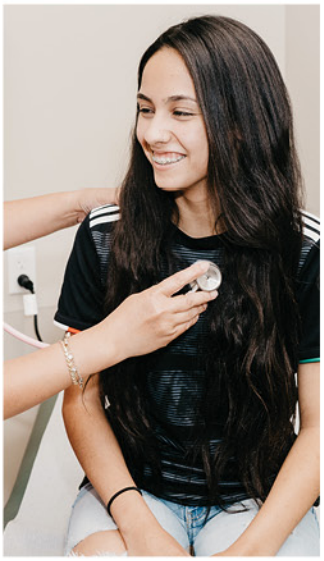
GOLDEN VALLEY HEALTH CENTERS











Behavioral Health

Golden Valley Health Centers (GVHC) offers a variety of behavioral health services, including mental health counseling, substance abuse treatment, and crisis intervention.

Optometry

GVHC offers comprehensive eye care services, including comprehensive eye exams, glaucoma diagnosis and treatment, diabetic eye exams, pediatric eye exams, red eye and urgent eye care, foreign body removals, and dry eye evaluations and treatment.

Allergy

Allergies are conditions caused by the immune system's overreaction to every day substances. Common symptoms of allergies include red eyes, itchy rash, sneezing, runny nose, shortness of breath, or swelling.

Dental Care

Family dentistry services include exams, X-rays, cleanings, fillings, sealants, and extractions. More complex procedures, such as root canals, crowns, and orthodontics, may require a referral to a specialist.

Cardiology

Cardiology is a branch of medicine that deals with the disorders of the heart as well as some parts of the circulatory system. The field includes diagnosis and treatment of congenital heart defects, coronary artery disease, heart failure, valvular heart disease and electrophysiology.

SPECIALTY SERVICES

GOLDEN VALLEY HEALTH CENTERS



Women's Health

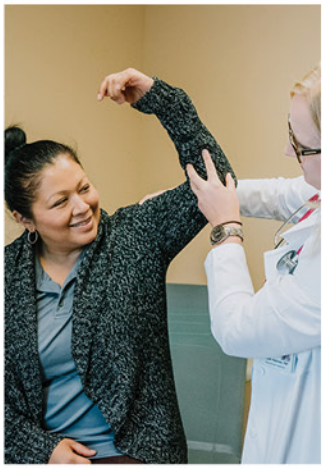
Women's health services offered include prenatal care, childbirth deliveries, gynecological surgeries, birth control, STI treatment, and more. These services are available at multiple locations and are confidential.



Nephrology

Nephrology is a specialty of medicine and pediatric medicine that concerns with study of the kidneys, specifically normal function and kidney disease, the preservation of kidney health, and the treatment of kidney disease, from diet and medication to renal replacement therapy (dialysis and kidney transplantation).





Chiropractic Care

Chiropractic services include musculoskeletal exams, spinal manipulation, and treatment of acute and chronic conditions such as back pain. On-site laboratory services and referrals for diagnostic testing are also available.



Sports Medicine

Sports medicine specialists diagnose and treat physical problems of the bones, joints, and muscles, including acute injuries and chronic conditions. Services offered include musculoskeletal exams, treatment of acute conditions such as fractures, sprains, strains, and dislocations, and treatment of chronic conditions such as joint pain, arthritis, tendonitis, degenerative joint disease, and overuse syndromes.

Podiatry

Podiatry services include preventive foot care, treatment of acute and chronic conditions, and surgical treatment. Services are available for all ages and all types of foot and ankle conditions.

FOOD PHARMACY

FOOD FOR GOOD HEALTH

The GVHC Foundation also strives to support "Whole Person Care – Head to Toe". In an effort to help our patients who struggle with a shortage of healthy food, the Foundation has developed a pilot project, called the "Food Pharmacy". A recent patient poll at one of the busiest clinics showed 30% of our patients experience a lack of food on a monthly basis.

In partnership with Second Harvest of the Greater Valley, the Foundation provides food bags weekly at one Modesto clinic. The name, "Food Pharmacy" was a great fit, because the food is actually distributed through the vacant pharmacy in that clinic. This project started in April and in 11 weeks, food was provided to over 544 patients, serving nearly 2,700 individuals with 12,337 pounds of food.

Included in the bag is 15 – 20 pounds of shelf stable food such as cereal, canned fruits and vegetables, pasta, beans rice, canned tuna/chicken, peanut butter and much more. The Foundation also provides recipes, healthy eating guides and other local resources for food pantries. Current plans are to expand this project to other clinics in the next few months. Anyone interested in learning more about the Food Pharmacy, contact the Foundation at **foundation@gvhc.org**.









EMPLOYMENT OPPORTUNITIES

With over 40 clinical locations spanning across San Joaquin, Merced and Stanislaus Counties, the healthcare opportunity you are seeking may be closer than you realize. As an established provider of quality healthcare, Golden Valley Health Centers is where you can begin, or continue your healthcare career journey.

We are a mission driven organization, passionate about the many lines of services provided. Competitive wages, generous Medical (0 Deductible, 2k out of pocket max), Dental, Vision, and Retirement are a few of the benefits provided.

INTERESTED IN APPLYING?

Please visit our company website at **www.gvhc.org/careers**

Follow us on Facebook, LinkedIn and Indeed! Available opportunities are updated regularly, with positions ranging from clinical to administrative.



SECOND HARVEST OF THE GREATER VALLEY

feeding the community
through our partnerships

How can you help? We have multiple options where you can contribute to feeding the hungry:

- **Volunteering**
- **Share your story**
- **Host a funds drive or...**
- **"Feed the Piggy Bank Project"**



209-239-2091

www.localfoodbank.org

Proudly serving our community for over 46 years

FEEDING AMERICA



Exercise is HARD.

Getting Vaccinated is EASY!

Call or Text

209-722-4842

GOLDEN VALLEY HEALTH CENTERS

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Don't Miss Medicare Annual Enrollment

The Medicare Annual Enrollment period is October 15 – December 7.

GVHC has a dedicated Medicare hotline to help. Call **209-203-1942** to schedule an appointment with a licensed enrollment agent or provide your information here **https://fqhcmedicare.com/gvhc** to set up an appointment. This service is free.





TK & KINDERGARTEN REGISTRATION

Make sure your child is ready for school by visiting Golden Valley Health Centers! We provide all three of the health and wellness requirements for registration.

Immunization Record

MUST INCLUDE:

- **4 Polio**
  (3) are acceptable if the last dose was given on or after the fourth birthday.
- **5 DTaP**
  (4) are acceptable if the last dose was given on or after the fourth birthday.
- **2 MMR**
- **3 Hepatitis B**
- **Varicella (chicken pox)** or proof that a child has had chicken pox confirmed by a healthcare provider.

Dental Screening

Proof of a dental exam within the last 12 months.

Health Screening

Proof of a health screening or physical exam within the last 12 months.

To make an appointment, call or text 209-722-GVHC (4842)
Visit **GVHC.ORG** for a list of locations.

GOLDEN VALLEY HEALTH CENTERS



WE'RE ALL IN THIS TOGETHER.

At Kaiser Permanente, we don't see health as an industry. Our doors, hearts, and minds are always open to help every last one of you thrive. Learn more at **kp.org/centralvalley**.

KAISER PERMANENTE® thrive

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PATIENT SERVICES

MEDICAL:

- Family Medicine
- Pediatrics
- Women's Health
- Internal Medicine
- Urgent Care
- Virtual Urgent Care

BEHAVIORAL HEALTH:

- Individual Therapy (for adults and children)
- Patient-Directed Treatment Plans
- Case Management
- Psychiatric Care

HEALTH EDUCATION:

- Nutrition
- Asthma
- Diabetes
- Hypertension
- Comprehensive Perinatal Services Program (CPSP)
- Dietitian
- Family Planning: Access, Care, and Treatment

DENTAL:

- Exams and X-rays
- Cleanings and Oral Hygiene Education
- Fillings and Sealants
- Extractions

SPECIALTY SERVICES:

- Chiropractic Care
- Optometry
- Podiatry
- Obstetrics and Gynaecology (OB/GYN)
- Medication Assisted Treatment Program (MAT)
- HIV Health & Wellness Program
- Sports Medicine
- Allergy Care
- Cardiology
- Nephrology
- Central Valley PACE
- GVHC Pharmacy
- Quest Express Diagnostic Lab



To make an appointment call or text: 209-722-GVHC (4842) or download the GVHC MyChart App

CLINIC LOCATIONS

MEDICAL:

MERCED COUNTY

Merced:
- 847 West Childs Ave.
- 857 West Childs Ave.
- 3940 Sandpiper Ave.
- 797 West Childs Ave.

Dos Palos:
- 1405 California Ave.

Le Grand:
- 13151 Jeerson St.

Los Banos:
- 821 Texas Ave.

Planada:
- 9235 East Broadway St.

SAN JOAQUIN COUNTY

Manteca:
- 250 Northgate Dr.
- 302 Northgate Dr.

STANISLAUS COUNTY

Modesto:
- 1524 McHenry Ave.
- 208 W. Coolidge Ave
- 2101 Tenaya Dr.
- 1510 Florida Ave.
- 1540 Florida Ave.
- 1121 Hammond St.
- 1801 Tully Rd, Ste F.
- 209 Kerr Ave.
- 1717 Las Vegas St.
- 1500 Florida Ave.
- 1114 6th St.

Empire:
- 198 G. St North.

Riverbank:
- 4150 Patterson Rd.

Turlock:
- 1141 North Olive Ave.
- 1200 West Main St.
- 1100 Delbon Ave.
- 1199 Delbon Ave.
- 2240 West Monte Vista Ave.

Ceres:
- 2760 3rd St.
- 1920 Memorial Dr.
- 3109 Whitmore Ave.

Newman:
- 637 Merced St.

Patterson:
- 200 C St.

Westley:
- 301 Howard Rd.

DENTAL:

MERCED COUNTY

Merced:
- 747 West Childs Ave.

Le Grand:
- 13161 Jeerson St.

Los Banos:
- 725 West I St.

Planada:
- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:
- 1717 Las Vegas St.
- 1121 Hammond St.

Empire:
- 198 G. St North.

Ceres:
- 1920 Memorial Dr.

Turlock:
- 1200 West Main St.

Newman:
- 637 Merced St.

Patterson:
- 200 C St.

SAN JOAQUIN COUNTY

Manteca:
- 302 Northgate Dr.

URGENT CARE:

Walk-ins always welcome

MERCED COUNTY

Merced:
- 857 West Childs Ave.
- 3940 Sandpiper Ave.

STANISLAUS COUNTY

Modesto:
- 1510 Florida Ave.

Turlock:
- 2240 West Monte Vista Ave.

Patterson:
- 200 C St.

PHARMACY:

MERCED COUNTY

Merced:
- 857 West Childs Ave.

CENTRAL VALLEY PACE:

MERCED COUNTY

Merced:

COMING SOON
- 727 West Childs Ave.

STANISLAUS COUNTY

Modesto:
- 2401 E Orangeburg Ave. Ste 330









Find 12 objects in the picture



