

PLATEAU VALLEY CLINIC NEWS

Volume 3, Issue 3

December 05

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Specializing in Wellness, Medical Illnesses & Emergency Services

CLINIC SERVICES

- Laboratory
- Pharmacy
- X - Ray & EKG
- Emergent Care
- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

- Physical Therapist
- Massage Therapists
- Chiropractor



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What's Happening with Mesa Clinic.

Monthly Car Seat Fitting Stations

In Colorado, 94% of all child restraint systems, including safety belts, need correction. The Mesa County Health Dept has begun offering monthly car seat safety checks at the Community Services Building (510 29 1/2 Rd) in GJ. Appointments are required, to reserve a spot call 254-4112 and leave a message.

At fitting stations, nationally certified technicians evaluate all children in the vehicle and teach parents how to be sure their kids are trav-

elling safely. The three most common errors are: 1) Harness straps are too loose- only one finger should be able to fit between the harness strap and the child's collarbone, 2) The seat is too loose in the vehicle: when the seat belt is used correctly, the child's seat should only be able to move 1 inch to the left or right, and 3) The clip that attaches both harness straps is too low: the strap should be at the armpit level on the child.

Some best practice

tips that can be followed to ensure your child's safety: 1) Infants must ride in a rear-facing car seat until they are at least 1 year old AND 20 pounds, 2) Children 20-40 pounds and more than one year of age must ride in a forward facing car seat, 3) Children over 40 pounds, who are less than six years old, must continue to ride in a booster seat (unless they are 55 inches tall).

(Continued on page 3)

DOCTORS' OFFICE SCHEDULE

Jan 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 SR	4 EW	5 EW	6 EW	7 EW
8 EW	9 EW	10 EW	11 SR	12 SR	13 SR	14 SR
15 SR	16 SR	17 SR	18 EW	19 EW	20 EW	21 EW
22 EW	23 EW	24 EW	25 SR	26 EW	27 EW	28 EW
29 EW	30 EW	31 EW				

Feb 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EW	2 EW	3 EW	4 EW
5 EW	6 EW	7 EW	8 SR	9 SR	10 SR	11 SR
12 SR	13 SR	14 SR	15 EW	16 EW	17 EW	18 EW
19 EW	20 EW	21 EW	22 SR	23 SR	24 SR	25 SR
26 SR	27 SR	28 SR				

Mar 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 EW	2 EW	3 EW	4 EW
5 EW	6 EW	7 EW	8 SR	9 SR	10 SR	11 SR
12 SR	13 SR	14 SR	15 SR	16 SR	17 SR	18 SR
19 SR	20 EW	21 EW	22 SR	23 SR	24 SR	25 SR
26 SR	27 SR	28 SR	29 EW	30 EW	31 EW	

Apr 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 EW						1 EW
2 EW	3 EW	4 EW	5 SR	6 SR	7 SR	8 SR
9 SR	10 SR	11 SR	12 EW	13 EW	14 EW	15 EW
16 EW	17 EW	18 EW	19 SR	20 SR	21 SR	22 SR
23 SR	24 SR	25 SR	26 EW	27 EW	28 EW	29 EW

Appointments: 487-3565 – After Hours Emergencies: 248-0222

Doctors available for emergencies 24 hrs/day, 7 days/wk. (Above schedule subject to change)

Business News: Mesa Clinic, Building for Rent,

Insurance Questions. Starting January 1st, please bring your insurance card on the day of your appointment. Changes to insurance plans affect our ability to bill effectively. Obtaining up-to-date information allows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

Appointments. We welcome walk-ins for blood pressure checks. Although walk-ins are certainly welcome for Dr. visits, we will work all such patients in around our regularly scheduled

appointments. However, to avoid an extended wait, we encourage our patients to call ahead to schedule all appointments including suture removal and blood draws. From time to time, emergency visits will necessitate a delay in your visit. As always, we appreciate the patience our patients have displayed when this does occur, Thank You!!

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

Meet Our Team

Joy Campbell, receptionist, has been with us for years. She

Prescriptions filled in the clinic must be paid for at the time of service - please plan ahead.

MEDICATION REFILLS
Call your pharmacy at least 48 hours before you need a refill on your routine medications.

West Nile Virus (cont)

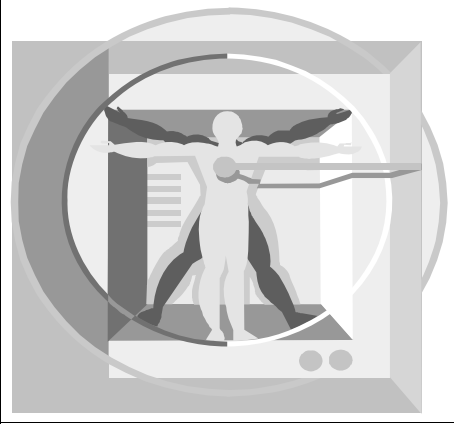
(continued from page 1)

Fitting stations provide an excellent opportunity for participants to learn how to safely transport children using child restraint devices, including child safety seats and vehicle seat belts.

Put in here about riding in the front seat...find out about age restrictions

Mission Statement

The **Mission of the Plateau Valley Hospital District** is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with public and private financial resources and fees.



Plateau Valley Hospital
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Collbran, CO 81624

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Regular Appointments

Monday-Friday 9 am - 5 pm 487-3565
(Tuesdays open for appt at 7 am)

After Hours Answering Service 248-0222
(24 hr/day, 7 days/week)

Medicare will not cover annual physicals.

**Medicare will cover routine check-ups for chronic medical illnesses
such as diabetes, hypertension or arthritis...**

Insurances will not cover sports physicals or DOT (CDL) physicals.

Some insurances will cover annual well child physicals or annual
physicals for adults under age 65. Check with yours...

We will perform sports physicals at *no extra cost* if your child is here
for a annual well child check-up.

We will perform DOT physicals at *no extra cost* if you are here for an
annual physical.