



Presbyterian Mobile Health Center

For Employees and Family Members Enrolled in City's Presbyterian Health Plan
Through City of Albuquerque, Participating Entities and Bernalillo County

- No cost for services provided in mobile clinic
- Make an appointment by calling **505-220-6562**
- If you cannot make your scheduled appointment, you must call to cancel within 24 hours
- Enrolled members may visit ANY location
- Walk-in visits are offered, depending upon provider availability
- No work-related injuries
- Accessible to people with disabilities
- Take your Presbyterian Member ID card
- Employees with chronic conditions are encouraged to use the center for routine screenings to prevent conditions from worsening. For example, people with diabetes need routine foot exams, blood pressure checks, glucose, A1C, and blood cholesterol tests.

FEBRUARY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Yale Transit Facility</u> 8:00am-11:00am <u>Bernalillo County</u> <u>Public Works</u> 12:00pm-3:00pm	2 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	3 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	4 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	5 <u>APD Crime Lab</u> 8:00am-11:00am <u>Pino Yard</u> 12:00pm-3:00pm
8 Admin Day	9 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	10 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	11 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	12 <u>Sandoval County</u> 8:00am-11:00am 12:00pm-3:00pm
15 Admin Day	16 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	17 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	18 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	19 <u>Middle Rio Grande</u> <u>Conservancy District</u> 8:00am-11:00am <u>Yale Transit Facility</u> 12:00pm-3:00pm
22 Admin Day	23 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	24 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	25 <u>Civic Plaza</u> (6 th & Marquette) 8:00am-11:00am 12:00pm-3:00pm	26 <u>Sandoval County</u> 8:00am-11:00am 12:00pm-3:00pm
29 <u>Fire Academy/911</u> 8:00am-11:00am <u>Daytona Transit</u> <u>Facility</u> 12:00pm-3:00pm	February is American Heart Month	<i>More than 67 million Americans have high blood pressure.</i>	<i>People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease.</i>	Get your blood pressure checked regularly