

SHINGLE SPRINGS

# Health & Wellness Center

*Healthcare for All*



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Highway 50 at Red Hawk Parkway  
5168 Honpie Road | Placerville, CA

(530) 387-4975 • [www.sshwc.org](http://www.sshwc.org)



# The Shingle Springs Health & Wellness Center



## Medical and Dental Care for the Entire Family

The Shingle Springs Health & Wellness Center provides a wide variety of medical and dental services for everyone in your family.

## Choosing a Healthcare Provider

Choosing a healthcare provider is an important decision for you and your family. At the Shingle Springs Health & Wellness Center, our physicians and staff provide personalized, compassionate, high-quality care to your entire family – from infants to seniors. The time to choose a healthcare provider is now, before you need one. Don't wait until you have an emergency. By taking a proactive approach to your healthcare, you can begin your journey to maintaining good health.

## Native and non-Native Families

Both Native and non-Native patients are welcome at the Shingle Springs Health & Wellness Center. We offer culturally compassionate care and provide a safe, inclusive, and welcoming environment.

## Convenience

Hours – 8 a.m. – 5 p.m., Monday – Friday

- ▶ Accepting New Patients
- ▶ Same- and next-day appointments available in most instances
- ▶ Accepting most private insurance, Medi-Cal and Medicare, CMSP
- ▶ Prescription Hot Line – enjoy the ease of a dedicated prescription renewal line
- ▶ Conveniently located off of Highway 50 at Red Hawk Parkway
- ▶ Enjoy easy access with surface and covered parking.

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## Primary Care Services

### ► Family Practice

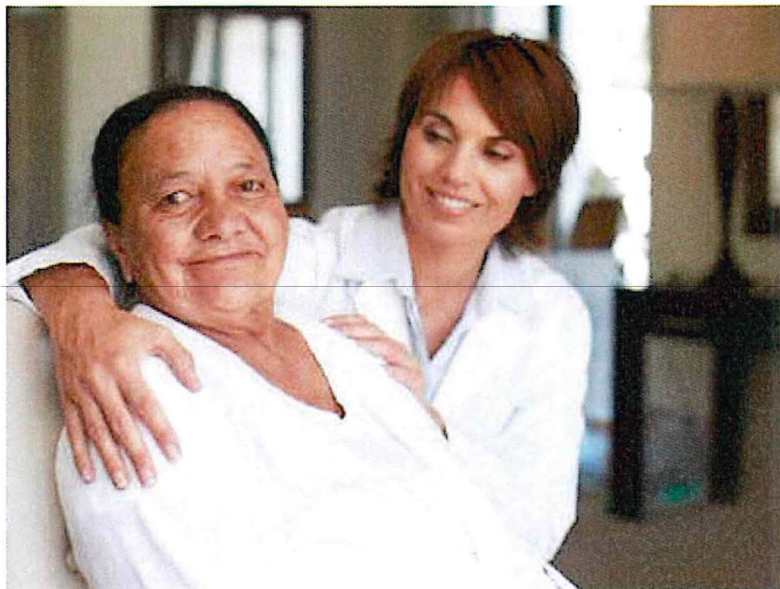
Family practice physicians provide comprehensive care for the whole family – from infants to seniors.

### ► Internal Medicine

Internal medicine physicians are specialists who diagnose, treat and care for adult patients.

### ► Pediatrics

Pediatricians specialize in providing care for infants, children and adolescents.



## Behavioral Health Services

Our behavioral health providers are dedicated to helping our patients achieve mental wellbeing and emotional balance in their lives. Our providers work collaboratively to provide the most effective treatment possible.

### ► Psychiatry

Psychiatrists are medical doctors who specialize in the assessment, diagnosis and medication evaluation of patients.

### ► Psychology

Psychologists are professionals who have earned a doctorate degree, either a Ph.D. or Psy.D. They use a variety of evaluation methodologies to find the best way to help their patients manage their lives.

### ► Counseling

Our behavioral health counselors and social workers offer therapy for patients in a variety of age groups and social situations: individual, marriage, couples, family and child.

We also offer substance abuse counseling.

### ► Support Groups

Our knowledgeable and experienced group leaders provide a safe place to share feelings and ideas with others who truly understand what you are going through. Studies have shown that support groups can make the difference between recovery and relapse, effectively coping with chronic illnesses, and making appropriate decisions for long-term optimal health.



## Health & Wellness Center Services

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## Specialty Care Services

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### ► Hepatitis C Specialists

Hepatitis C typically causes a chronic infection of the liver. Our specialists are experts in diseases of the liver and help you cope with this illness.

### ► Orthopedics

These physicians specialize in diagnosis and treatment of problems of the musculoskeletal system which includes your bones, muscles, joints, tendons, ligaments and nerves.

### ► Chiropractor

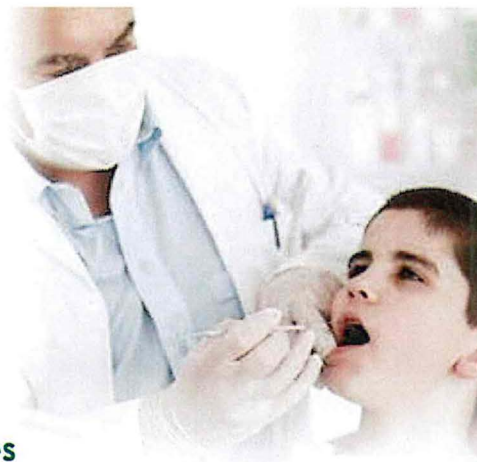
Chiropractors also treat patients with health problems of the musculoskeletal system. They use spinal manipulation and other techniques to treat patients' ailments, such as back or neck pain.

### ► Physical Therapy

Physical therapists diagnose and treat patients of all ages who have medical problems or other health-related conditions, illnesses, or injuries that limit their ability to move and perform functional activities as well as they would like.

### ► Podiatry

Podiatrists are physicians who diagnose and treat conditions affecting the foot, ankle, and structures of the leg.



## Dental Services

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### ► General Dentistry

Dental health is an important component of your overall health. Dentists take care of your teeth and tissues in your mouth.

### ► Orthodontics

Orthodontists focus on your bite and the structure of your teeth. They use braces, retainers, and other devices to treat these issues. Our orthodontists will make you smile!

## Insurance Carriers

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Below is a list of insurance carriers that we accept (subject to change). Please call us at 530-387-4975 or check our web site, as we update it often.

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|----------------------------------|-------------------------|
| ► Aetna PPO                      | ► Medicare              |
| ► Blue Cross PPO                 | ► Path2Health           |
| ► CMSP                           | ► Delta Dental PPO      |
| ► Medi-Cal                       | ► Premier Access        |
| ► Anthem Blue Cross              | ► Ameritas              |
| ► California Health and Wellness | ► Principal PPO         |
|                                  | ► United Healthcare PPO |

If you are uninsured or have trouble paying for service, we will help you determine how your health care needs can be met with our sliding fee scale.