

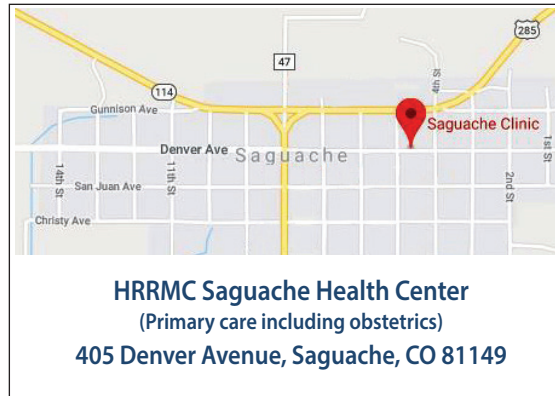
PAYMENT

* We accept Medicare, Health First Colorado (Colorado Medicaid) and most insurances.

1. Payment/copay is due at time of service.
2. There will be a fee for your visit. Other services, including lab tests, will be billed in addition.
3. You may request an estimate of charges at time of service.
4. Medicare patients of the HRRMC Saguache Health Center will receive two explanations of benefits—one for the office visit/procedures and one for any additional diagnostic services.
5. A 15% prompt-payment discount is available to self-pay and uninsured patients.
6. We accept cash, check, Visa, Mastercard and Discover.
7. Claims with most insurance plans are filed on your behalf.
8. Structured payment plans are available.
9. Billing questions may be directed to account representatives by calling (719) 530-2475.

POLICIES AND PROCEDURES

- For EMERGENCIES, call 911 or go to the nearest hospital emergency room.
- Contact your pharmacy directly for all refills and renewals of medications. Allow 72 hours for processing. Only first-time prescriptions and narcotic refills are generated from our office.
- All test and laboratory results are communicated back to the patient as promptly as possible.
- When leaving a message, please spell your name and provide date of birth, phone number, and a detailed request, including level of urgency.
- If you are unable to keep an appointment, please give 24 hours notice of cancellation.



Pharmacy Services

After seeing your provider, you may have prescriptions that need to be filled. These will be available for pickup at the HRRMC Saguache Health Center Monday – Thursday, 8 a.m. – 4 p.m.

There are several ways to enroll with the HRRMC Pharmacy:

- Call (719) 530-2430.
- Visit hrrmc.com/services/pharmacy and create an account.
- Download our HRRMC Pharmacy mobile app on the Apple Store or Google Play.

On the **HRRMC Pharmacy** mobile app, you can manage your prescriptions, order refills, and receive notifications when your prescriptions are ready for pickup.

For any additional pharmacy questions, please call (719) 530-2430.



HRRMC Saguache Health Center



HRRMC Saguache Health Center
405 Denver Avenue, Saguache, CO 81149

(719) 655-2531

WELCOME

HRRMC Saguache Health Center provides comprehensive medical care for the entire family.



Clinic Services

- Primary care
- Family medicine
- Obstetrics
- Rehabilitation services, including physical therapy
- Pharmacy prescription pickup
- Department of Transportation (DOT) physicals
- Walk-in flu vaccination available every Wednesday afternoon

Rehab Services

The HRRMC Rehabilitation Department assists individuals who require physical therapy due to injury, illness or surgery. Physical therapists improve mobility, and help patients manage or eliminate pain, in many cases without long-term use of prescription medication and exposure to its side effects.

Our physical therapists provide a wide variety of the following services:

- Acute care and home health
- Pain management
- Trigger point dry needling
- Orthopedic therapy
- Dizziness and balance therapy
- Sports rehabilitation
- Home safety assessments

Family Medicine and Obstetrics



James Wigington, M.D.

Medical School: University of Colorado Health Sciences Center
Residency: Family Medicine, Northern Colorado Medical Center, Greeley
Board Certification: American Board of Family Medicine
Special Interests: Obstetrics including C-sections, Pediatrics, Sports Medicine



Ashley O'Hara, M.D.

Medical School: University of Rochester School of Medicine and Dentistry
Residency: Family Medicine, St. Mary's Family Medicine, Grand Junction
Board Certification: American Board of Family Medicine

Special Interests: Women's Health including Obstetrics, Pediatrics, Sports Medicine, Geriatrics, Palliative Care, Travel Medicine, Wilderness Medicine, Wellness/ Preventive Services



Sarah Stoit, FNP-C

School: University of Arizona
Board Certification: American Association of Nurse Practitioners

Special Interests: She has previously practiced in ICU, urgent care and clinical settings. Stoit also has a special interest in plant-based nutrition and using food and exercise to help heal.



Pain Management



John "Jac" A. Cottrell, MSN, AGACNP-BC

School: University of Colorado-Anschutz, Aurora, CO
Board Certification: American Nurses Credentialing Center

Special Interests: While working at St. Vincent Hospital in Leadville, he earned his Master's at the University of Colorado and became a board-certified Adult Gerontology Acute Care Nurse Practitioner. Before starting with HRRMC, he served as a nurse practitioner in internal/hospital medicine.

Orthopedic Evaluation Clinic

Twice a month, stop by the Saguache Health Center where an Athletic Trainer (AT) will assess your orthopedic injuries at no cost to you. The AT will evaluate your injury and guide you through next steps, whether that is sending you home with a brace and exercises, or with a referral to physical therapy and/or an orthopedic physician.

**1st and 3rd Wednesday of each month
8:30 a.m. – noon**

Hours of Operation

- **Family Medicine and Obstetrics**
Tuesday and Wednesday, 9 a.m. – 4 p.m.
- **Pain Management**
Every other Thursday, 8 a.m. – 4 p.m.
Call (719) 655-2531 Monday through Friday to make an appointment.
- **Rehabilitation Services**
Monday – Thursday, 8 a.m. – 4 p.m.
Call (719) 530-2040 Monday through Friday to make an appointment.
- **Direct Access Testing**
Tuesday and Wednesday, 9 a.m. – 3:30 p.m.
No appointment necessary.