

Union Square Health Home – *Total Health Care for You!*

Our approach is simple, we believe that overall wellness means healthy minds and healthy bodies. That's why we offer an array of primary care, behavioral health care and prevention programs and services.

What is involved?

The health home provides physical health, mental health, substance abuse screening and treatment and wellness services all in **one** place so that you have one team who knows you and looks out for your overall health. Our services include:



Care Coordination

- Appointment scheduling
- Disease management
- Maintaining health and wellness
- Recovery services

Behavioral Health Care

- Substance abuse screening and treatment
- Mental health medications
- Therapy services

Physical Health Care

- Onsite medical care clinic
- Primary care
- Onsite lab services
- Specialty care referrals

Wellness

- Learn how your illness impacts your body, your mind and your daily life
- Free exercise, recreation and nutrition classes
- Peer recovery support
- Health coaching

Navigation & Resources

- Support accessing community resources for you and your family
- Support obtaining benefits

What is Health Coaching?

We are working to improve the quality of your care and your overall health. Your health coach will be checking in with you regularly to:

- ✓ Set and track your health goals
- ✓ Assure you have the tools you need to stay or get healthy
- ✓ Learn ways to make your treatment work better
- ✓ Find ways to manage and prevent physical, mental and substance abuse related health conditions

Helping you reach your goals to get and stay healthy!

