

Health and Wellness

We offer the following appointments and programs:

- **Nutrition**—Learn how to eat a healthy diet to help you lose weight. Small changes can help you lose weight and lower your blood pressure. They can also lower your cholesterol (fat in your blood) and sugar levels. Ask us about our current cooking classes and health workshops.

- **Diabetes Education**—We will help you make a plan to manage your diabetes with success. You will learn about diabetes and how it affects your body. We can help explain how your medicines work. Also, we will work out what types of food are best for you.

- **Tobacco Use**—Quitting smoking is one of the best ways to stay healthy. We can help support you to reduce and quit smoking. We have many tools to help you like counseling, patches, gum, and medicines.

- **CareMessage**—We offer free texting wellness programs. Each program sends 3 to 5 text messages a week. These programs help support, teach, and offer you ways to help you live a healthy lifestyle. Programs include: Exercise, Nutrition, Losing Weight, High Blood Pressure, Manage Your Stress, Diabetes, Quitting Smoking, and more!

Rescreening:

- Once a year **1 person from each household** must come and rescreen. You can **rescreen up to 3 months before** your due date. If there is a household change before your due date, you **must** come in and rescreen. Some examples are a change in income or the number of people in your household.

- The walk-in rescreen hours are **Mon: 9am-11am, Tue: 1pm-3pm, and Fri: 9am-11am**. Please come early! If too many people come we may tell you to come back another day. It takes **7-10 days** to process your application after we have all the paperwork.

- Call our **New Patient/Rescreen Line: 610-836-5990 Ext. 122** if you are not sure what paperwork you need.

CVIM Clinic Hours

Monday	8:00 AM–8:00 PM
Tuesday	8:00 AM–4:30 PM
Wednesday	8:00 AM–8:00 PM
Thursday	8:00 AM–4:30 PM
Friday	8:00 AM–4:00 PM

Dispensary Rx Pick-up Hours

Monday	1:00 PM–8:00 PM
Tuesday	9:00 AM–4:00 PM
Wednesday*	9:00 AM–8:00 PM
Thursday	9:00 AM–4:30 PM
Friday	9:00 AM–1:00 PM

** The 1st Wednesday of the month, the Dispensary is closed from 12–2 PM.*



facebook.com/CommunityVolunteersinMedicine



@communityvolunteersinmedicine



twitter.com/CVIMWestChester

CVIM
300 B Lawrence Dr.
West Chester, PA 19380
Phone: (610) 836-5990 Fax: (610) 836-5998
www.cvim.org

Updated June 2018

Free Medical
And
Dental Care



Patient Services

Medical Appointments

- When we approve you as a **new patient** you should make a **Medical Appointment**. Even if you are healthy, we still want you to make an appointment. We will take your health history and do a physical exam. We will discuss any screenings you may need too.



- Current patients** should make an appointment once a year for a physical. If you take any medicines we want to see you at least every 3-6 months. This is to be sure your health is stable. If you see a specialty doctor, you **must** come see a general doctor at least every 6 months.

Dental Appointments

- All **new patients** should make a **Hygiene Appointment (cleaning)**. Even if your teeth feel fine we still want you to see you. We will take your dental history, x-rays, and examine and clean your teeth.
- For **current patients**, you should get your teeth cleaned every 6 months.
- If you have teeth problems we can make you a **Dental Appointment**. We can do fillings, extract teeth, and make you a treatment plan.
- Call our **Main Line at 610-836-5990** to schedule a cleaning or dental appointment.



Dispensary (Medicines)

- If you need medicine, we give **free generic and brand medicines** according to what you need.
- We require **3 business days to refill your medicines**. It is important to call about 1 week before you run out of medicine. **The Refill Line is 610-836-5990 Ext. 124.**
- We will only refill your medicines the same day if you have a **Medical Visit**.
- If you want to make an appointment or are not sure what you need, please call. Our **Social Services: 610-836-5990 Ext. 129.** (Please leave a message if they don't pick up).



Social Services

- Our social worker can help you in many ways. This includes **food, jobs, bills, insurance, benefits, and legal help.**
- We have a program called **ZOOM** if you have trouble getting to your appointment. Our volunteers can give you a ride to and from your appointment. **Call 610-836-5990 ext. 116 to sign up or to ask for a ride.**
- If you want to make an appointment or are not sure what you need, please call. Our **Social Services: 610-836-5990 Ext. 129.** (Please leave a message if they don't pick up).



Specialty Programs:

- Behavioral Health**—We offer counseling if you have stress, worries, feel sad, or if you just need to talk with someone. We also have psychiatrists that can evaluate and treat many mental health problems. For questions call our **Behavioral Health Coordinator at 610-836-5990 Ext. 155.**
- Women's Health**—We offer many women's health services. Some of these are birth control options, pap smears, and mammograms. We recommend all women over 18 get an annual well woman exam. This exam is will cover any GYN concerns and any recommended screenings
- Pain Management**—CVIM offers thorough pain management services without prescribing narcotics. We offer medications, therapy, and specialty consults such as:
 - Neurology (head)
 - Neurosurgeon
 - Orthopedics (bones)
 - Acupuncture
 - Chiropractor
 - Hand therapy
 - Massage therapy
- Chronic Diseases**—Many people have diseases that will last a long time or the rest of your life. We have many specialists who can help take care of you including:
 - Cardiology (heart)
 - Dermatology (skin)
 - Endocrinology (thyroid, diabetes)
 - ENT (ear, nose,
 - GI (stomach, liver, intestines)
 - Nephrology (kidney)
 - Ophthalmology (eyes)
 - Podiatry (feet)

