



**ACCESS: SUPPORTS FOR LIVING**

Rewarding lives. Healthy communities.

# COMING SOON

## *Working with You to Improve Your Health!*

Access: Supports for Living, in partnership with Hudson River HealthCare, is pleased to offer “one-stop” health care to you by bringing a team of primary healthcare providers to work together with you and your behavioral health providers at our Union Street Counseling Center!

**We know good health care is important for you to feel your best and make the most out of every day.**

## Why?

Having a primary healthcare provider helps you with your overall health and gives you guidance about how to avoid or better control major health concerns like:

- **Type 2 Diabetes**
- **Hypertension (High Blood Pressure)**
- **Heart Disease**
- **Stroke**
- **Cancer**

It is always your choice who you see to provide your important primary healthcare. If you already have a doctor or primary care provider that you work well with, feel free to stay with them. If you would like to get ALL your care at ONE location and with ONE TEAM, just let us know and we will arrange it here!

Same-day appointments with primary healthcare providers are available on most days you come to the Counseling Center, or may be scheduled at your convenience.

Please let the front desk staff know you would like to see a primary healthcare provider, or discuss it with your therapist or behavioral health prescriber. A Care Manager or Nurse will meet with you to determine your needs and get you set up for your primary healthcare. It couldn't be easier!

Don't put it off any longer.....we look forward to seeing a healthier you, and will work with you to achieve your goals.

## ***Our mission:***

***“Patient-centered, team-based holistic care that results in health and wellness for the people we serve.”***