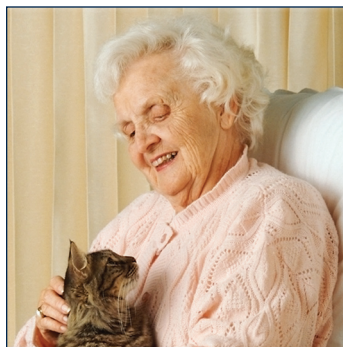




## Physician Home Visit Program

Recognizing that many Seniors are unable to visit their own doctor, Physician Home Care teams of doctors, nurse practitioners and physician assistants work together to care for seniors in their own homes. Specializing in making house calls, all Physician Home Care Providers provide highest-quality, thoughtful and conscientious care based upon the individual needs of each senior they visit and emphasize wellness and the management of chronic diseases. By providing acute and chronic care in the comfort and safety of a senior's home, the Program helps each patient maintain both health and independence. Pre-authorization is required to join the Program.



## Outreach Services

**Seniors Only Evaluation Clinic:** The mission of the Seniors Only Evaluation Clinic is to enhance each Senior's quality of life by identifying key strengths and addressing medical, memory and social concerns common in those over the age of 65. The Seniors Only Evaluation Clinic is a setting where seniors can validate their wellness, address their risks, and create a plan of care that encompasses a multidisciplinary approach in a compassionate and efficient manner, at no cost to the member. The team will accomplish a thorough assessment (preceded by some basic labs and an EKG), consisting of a review of medications, history and physical, and psycho/social evaluation to identify any area where the individual may be at risk. A comprehensive treatment plan is developed and is forwarded to the Senior's PCP.

**Diabetic Monitoring Clinic:** We offer a Diabetes Monitoring program, free of charge to our members, at alternating locations every week throughout the valley (Cathedral City, Indio, Yucca Valley). In 30 minutes to one hour, members have their appropriate laboratories, feet examination and retinal screening performed (no pre-authorization required).

**Educational Programs:** Health Education classes are offered, at no cost, to members who want to learn how they can improve their health. Classes promote understanding and management of chronic conditions, prevention of complications and coping strategies. Classes and individual counseling are offered in Yucca Valley, Cathedral City and Bermuda Dunes (English/Spanish). Patients may self refer.

- Diabetes Management • Healthy Living • Asthma/COPD Management
- Living With Congestive Heart Failure • Taking Control of Your Blood Pressure
- Bright Beginnings/Early Prenatal Care • Healthy Weight Class for children ages 8-12
  - Freedom From Smoking (requires refundable deposit)
- Pre-Operative Joint Replacement Information and Expectations

Individual counseling about Diabetes, Nutrition and/or Pre-Bariatric Surgery require direct referral from PCP

**Outreach Services • Monday-Friday 8:00 a.m.-5:00 p.m. • Two Convenient Locations!**

68-860 Perez Rd., Ste. J, Cathedral City, CA 92234 • 1-760-328-4499 • Fax: 1-760-328-1050  
56-165 29 Palms Hwy., Yucca Valley, CA 92284 • 1-760-228-0351 • Fax: 1-760-365-9689

[www.myDOHC.com](http://www.myDOHC.com)