NEW MEXICO

health guide

RESOURCES FOR THE UNINSURED

GET WELL. STAY WELL.
HERE’S HOW!
A Message from Governor Bill Richardson

Fellow New Mexicans:

This New Mexico Health Guide will show you how to access New Mexico’s network of health resources, from medical clinics to insurance coverage. It is a valuable resource of the many medical, dental and behavioral health services available through the State, private companies and non-profit organizations for people with little or no income or no insurance.

As Governor of New Mexico, I have made meeting the health care needs of all New Mexicans a priority. Be assured that I will continue to work to expand access to medical care and coverage with policymakers and the partners listed in this guide.

With warmest regards,

Bill Richardson
Governor of the State of New Mexico
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Federally funded health centers provide care, even if you have no health insurance. You pay what you can afford, based on your income. Health centers offer:

- Checkups when you’re well
- Treatment when you’re sick
- Complete care when you’re pregnant
- Immunizations (shots) and checkups for your children
- Dental care and medicines for your family
- Mental health and substance abuse care if you need it

You can find health centers in most cities and many rural areas. Contact the one nearest you to make an appointment.*

*B Health centers are listed alphabetically by town within each county.
COMMUNITY HEALTH CENTERS

BAHC - RADIUM SPRINGS
12080 Lb Lindbeck Rd.
Radium Springs, NM 88054
575-267-3280
www.bahcnm.org

LCDF - SAN MIGUEL
18424 S. Hwy 28
San Miguel, NM 88058
575-233-3830
www.lcdfnm.org

SUNLAND PARK MEDICAL & DENTAL CLINIC
2625 McNutt Rd.
Sunland Park, NM 88063
575-526-1105

EDDY
PMS - ARTESIA HEALTH RESOURCES
1105 Memorial Dr.
Artesia, NM 88210
575-746-9848
http://quasar.pmsnet.org

PMS - CARLSBAD FAMILY MEDICAL CENTER
2013 San Jose Blvd.
Carlsbad, NM 88220
575-887-2455
http://quasar.pmsnet.org

PMS - LOVING FAMILY HEALTH CENTER
602 S. 4th St.
Loving, NM 88256
575-745-3573
http://quasar.pmsnet.org

GRANT
HIDALGO MEDICAL SERVICES (HMS) - COBRE HEALTH CLINIC
1100 Tom Foy Hwy
Bayard, NM 88023
575-537-5069

HMS - BAYARD COMMUNITY HEALTH CENTER
805 Tom Foy Blvd.
Bayard, NM 88023
575-537-5068

HMS - CLIFF/GILA COMMUNITY HEALTH CENTER
411 Highway 211
Cliff, NM 88028
575-535-4384

BAHC - MIMBRES VALLEY HEALTH CENTER
2743 Hwy 35N #B
Mimbres, NM 88049
575-542-8384

HMS - COPPER MEDICAL
3185 N. Leslie Rd.
Silver City, NM 88061
575-388-3239

HMS - MED SQUARE CLINIC
114 W. 11th St.
Silver City, NM 88061
575-388-1511

GUADALUPE
EL CENTRO FAMILY HEALTH (ECFH) - LA LOMA CLINIC
1058 La Loma Rd.
Anton Chico, NM 87711
575-427-5036
www.ecfh.org

HARDING
ECFH - ROY CLINIC
555 Wagon Mound Hwy
Roy, NM 87743
505-485-2583
www.ecfh.org

HIDALGO
HMS - ANIMAS VALLEY CLINIC
1 Panther Blvd.
Animas, NM 88020
575-542-8384

HMS - LORDSBURG
530 De Moss St.
Lordsburg, NM 88045
575-542-8384

LEA
HOBBES FAMILY HEALTH CENTER
200 W. Lea St.
Hobbs, NM 88240
505-391-0270

LINCOLN
LCBDS - HONDO VALLEY COMMUNITY HEALTH CENTER
103 Don Pablo Ln.
Hondo, NM 88336
575-653-4830
www.lacasahealth.com

LUNA
BAHC - COLUMBUS
626 Taft St.
Columbus, NM 88029
575-531-2165
www.bahcmn.org

BAHC - DEMING
125 Chaparral Blvd NW
Deming, NM 88030
575-546-4800
www.bahcnm.org

MCKINLEY
PMS - WESTERN NEW MEXICO MEDICAL GROUP (WNMM) - GALLUP
610 N. 5th St.
Gallup, NM 87301
505-863-3120
http://quasar.pmsnet.org
Lighten up, New Mexico!

In 2007, 61% of New Mexican adults and 24% of the state’s 9th- to 12th-graders were overweight or obese.

Obesity leads to serious health problems such as diabetes and heart disease and also puts strain on the whole body.

THINK ABOUT THE STEPS YOU CAN TAKE FOR A HEALTHIER LIFE:

- Be physically active 1 hour a day.
- Limit TV and other “screen time” to 2 hours a day.
- Eat 5 or more servings of fruits & vegetables a day.
- Drink fewer sweetened beverages (e.g., soda).
- Eat breakfast daily.
- Limit eating out, especially fast-food restaurants.
- Plan family meals.
- Limit portion sizes.
- For moms, breastfeed your baby.
Breastfeeding is natural, healthy – and legal!

New Mexico has laws that support breastfeeding families. Mothers can breastfeed their children in any location – public or private – as long as they are legally allowed to be there. In addition, employers are required to provide flexible break time and a clean, private space – other than a bathroom – so that a breastfeeding mother can use a breast pump at work.

Ten Reasons to Breastfeed Your Baby

1. Breastfeeding can help you get your figure back faster – weight loss is often easier, and breastfeeding helps your uterus return to normal size more quickly.
2. Your breast milk is always ready. No mixing, measuring or heating.
3. Nighttime feedings are quick and easy.
4. Breastfeeding saves money – there is nothing to buy.
5. Going out is simple – breastfed babies are easy to take along.
6. Breastfed babies require fewer doctor visits.
8. You are providing your baby with the best nutrition possible.
9. Breast milk is a natural tranquilizer.
10. Most importantly, breastfeeding is a special gift only you can give your baby. It satisfies your baby’s emotional needs and increases bonding between mother and baby.
GROWING STRONG – ALL YEAR LONG!

School-based health centers provide a variety of health services based on the needs of the communities they serve. They don’t charge fees but will bill Medicaid if available. Some centers are the only source of medical services for many miles and so also serve adults in the communities. Here is a list of locations of school-based health centers — hours and specific services vary, so check with your local center for details.*

*B Health centers are listed alphabetically by town within each county.
<table>
<thead>
<tr>
<th>School Name</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>PB &amp; J Preschool</td>
<td>1101 Lopez SW  Albuquerque, NM 87105</td>
<td>505-877-7060</td>
</tr>
<tr>
<td>RFK Charter School</td>
<td>1151 Central Ave. NE  Albuquerque, NM 87106</td>
<td>243-1118 x 3031</td>
</tr>
<tr>
<td>Rio Grande High School</td>
<td>2300 Arenal Road SW  Albuquerque, NM 87105</td>
<td>505-873-2049</td>
</tr>
<tr>
<td>School On Wheels</td>
<td>129 Hartline SW  Albuquerque, NM 87105</td>
<td>505-247-0489</td>
</tr>
<tr>
<td>Van Buren Middle School</td>
<td>700 Louisiana Blvd. SE  Albuquerque, NM 87108</td>
<td>505-272-0457</td>
</tr>
<tr>
<td>Washington Middle School</td>
<td>1101 Park SW  Albuquerque, NM 87102</td>
<td>505-272-0457</td>
</tr>
<tr>
<td>Wilson MS/NACA</td>
<td>1138 Cardenas Dr. SE  Albuquerque, NM 87108</td>
<td>505-272-0457</td>
</tr>
<tr>
<td>Roosevelt Middle School</td>
<td>11799 State Hwy 14S  Tijeras, NM 87059</td>
<td>505-272-0457</td>
</tr>
<tr>
<td>Catron Quemado School</td>
<td>8 Old Town Loop  Quemado, NM 87829</td>
<td>575-773-4610</td>
</tr>
<tr>
<td>Chaves Dexter Middle School</td>
<td>100 N. Lincoln  Dexter, NM 88230</td>
<td>575-734-5433 x715</td>
</tr>
<tr>
<td>Hagerman Middle School</td>
<td>406 N. Cambridge  Hagerman, NM 88232</td>
<td>575-626-3975</td>
</tr>
<tr>
<td>Lake Arthur Middle School</td>
<td>700 Broadway Rd.  Lake Arthur, NM 88253</td>
<td>575-626-3975</td>
</tr>
</tbody>
</table>

**Love Me. Protect Me. Immunize Me.**

Vaccines have wiped out polio and smallpox and have done away with other once-deadly diseases. Make sure you protect your child with scheduled immunizations. If you do not have a doctor to visit regularly, immunizations are available at public health offices.

For info about infant and childhood immunizations, call 866-681-5872 or visit www.immunizennm.org
Health Guide

New Mexico

School-Based Health Centers

HiDalGo
Lordsburg High School
501 Fourth St.
Lordsburg, NM 88045
575-542-8384 x 404

LEA
Lovington High School
1600 N. Main Ave.
Lovington, NM 88260
575-396-3529

Lincoln
Ruidoso High School
125 Warrior Dr.
Ruidoso, NM 88345
575-258-4859

Luna
Deming High School
501 W. Florida St.
Deming, NM 88030
575-543-1017

McKinley
Crownpoint High School
1 Eagle Dr.
Crownpoint, NM 87313
505-786-6444

Gallup High School
1055 1/2 Rico St.
Gallup, NM 87301
505-721-2681

Thoreau High School
4 Hawk Circle
Thoreau, NM 87323
505-786-6444

Zuni Teen Health Center Clinic
02 Twin Butte Dr.
Pueblo of Zuni,
NM 88046
505-582-5719

Mora
Mora High School
Hwy 518 & Ranger Dr.
Mora, NM 87322
575-387-3113

Otero
Mesalero Apache School
249 White Mtn. Dr.
Mesalero, NM 88340
505-464-4431 x 1143

Quay
San Jon Schools
7th & Elm
San Jon, NM 88434
575-576-2273

Rio Arriba
Dulce Teen Health Center
Dulce Middle School
1 Hawk Dr.
Dulce, NM 87528
575-759-2924

Carlos Vigil Middle School
1260 Johnny Royal Industrial Park Rd.
Dulce, NM 88532
505-753-1348

Esplana Valley High School
1111 El Llano Rd.
Dulce, NM 87532
505-753-7357 x 239

Escalante High School
State Rd. 531
Tierra Amarilla,
NM 87575
505-588-7252 x 6105

San Juan
Aztec Dormitory School
1600 Lydia Rippey Rd.
Aztec, NM 87410
505-368-7450

Charlie Y. Brown Secondary School
924 S. Bloomfield Blvd.
Bloomfield, NM 87413
505-368-7450

NavaJO PreP School
1220 W. A. Pueblo
Farmington, NM 87401
505-326-6571 x 115

Newcomb High School
Hwy 491, Mile Marker
58/59
Newcomb, NM 87455
505-696-3417
505-368-4984

Newcomb Middle School
Hwy 491, Mile 58/59
Newcomb, NM 87455
505-696-3434

Career Prep Alternative H.S.
West Hwy 64
Shiprock, NM 87420
505-368-4980 x 21130

Northwest High School
Hwy 64
Shiprock, NM 87420
505-368-7450

Shiprock High School
Hwy 64 West
Shiprock, NM 87420
505-368-7161

Tse’ Bit’ Ai Middle School
West of Hwy 491
Shiprock, NM 87420
505-368-4741

San Miguel
West Las Vegas Student Health Center
West Las Vegas Technology Bldg.
1024 S. Pacific
Las Vegas, NM 87701
505-426-2564

Sandoval
Bernalillo High School
224 N. Camino Del Pueblo
Bernalillo, NM 87004
505-404-5152

PB & J Family Services
255A Camino Del Pueblo
Bernalillo, NM 87004
505-368-7450

Cuba Schools
County Rd. 13, Bldg. 53
Cuba, NM 87013
505-289-3211 x 607

Jemez Valley High School
8501 Hwy 4
Jemez Pueblo, NM 87024
505-834-3340

San Felipe Pueblo Elementary School
Pueblo of San Felipe,
NM 87004
505-867-3364 x 523

Santa Fe
Pojoaque Valley High School
1574 State Rd. 502
Pojoaque, NM 87506
505-455-4026

Capital High School
4851 Paseo Del Sol
Santa Fe, NM 87507
505-467-1081

Santa Fe High School
2100 Yuca Rd.
Santa Fe, NM 87505
505-467-2924

Santa Fe Indian School
1501 Cerrillos Rd.
Santa Fe, NM 87505
505-989-6358

School for the Deaf
1060 Cerrillos Rd.
Santa Fe, NM 87505
505-476-6410

Socorro
Socorro High School
Hwy 60 West
Socorro, NM 87801
575-835-0700

Taos
Mesa Vista High School
State Hwy 285
Junction 111
Ojo Caliente, NM 87549
505-893-2401

Taos High School
134 Cervantes St.
Taos, NM 87571
575-751-8032

Taos Middle School
235 Paseo Del Canon E
Taos, NM 87571
575-737-6030

Torrance
Mountaintair Middle/High School
901 W. 3rd St.
Mountaintair, NM 87036
505-847-2211 x 1019

Tse Yi Gai
Tse Yi Gai High School
118 Counselor Rd.
Pueblo Pintado,
NM 87013
505-786-6444

Union
Des Moines High School
500 Des Moines Ave.
Des Moines, NM 88418
575-278-2619

Valencia
Belen High School
1619 W. Delgado St.
Belen, NM 87002
505-966-1105
505-966-1386
GOOD HEALTH MEANS PLANNING AHEAD

Public Health Offices can be found in each county of New Mexico. They offer services at no cost to patients who have no insurance or no other means to pay.

Services include:
- Family planning education, counseling and treatment
- Immunizations
- Sexually transmitted disease education, counseling and treatment
- HIV/AIDS counseling, education and referral
- Children’s Medical Services referrals for certain birth defects and conditions
- Nutrition education and support for mothers and infants (WIC)
- Medicaid applications

Please call your local public health office to make an appointment for services.
We can help.
In 2009, the state passed a law allowing New Mexicans with certain medical conditions to use medical cannabis. The following conditions qualify for the Medical Cannabis Program:

- Cancer
- Glaucoma
- Multiple sclerosis
- Severe chronic pain
- Epilepsy
- Spinal cord damage with intractable spasticity
- HIV/AIDS
- Painful peripheral neuropathy
- Intractable nausea and vomiting

Any medical doctor (MD), doctor of osteopathy (DO) or family nurse practitioner (NCP) who can prescribe medicine in New Mexico can write a recommendation for medical cannabis. A doctor must certify that a patient has an eligible condition that is harmful and not helped by standard treatments. For more information, contact the Medical Cannabis Program Coordinator at 505-827-2321. www.nmhealth.org/marijuana.html
Early Testing for Breast and Cervical Cancer

The BCC program provides breast and cervical cancer screening and diagnostic services to eligible low-income women in New Mexico.

Call the BCC program’s bilingual, toll-free information line to find out if you may be eligible, and to find the nearest BCC medical provider in your area. The medical provider will make the final decision regarding your eligibility.

TO BE ELIGIBLE, YOU MUST:

- Be age 30 years or older
- Have no health insurance
- Have health insurance with deductibles and/or co-pays that are too high
- Not have Medicare Part B or full New Mexico Medicaid
- Live at or below 250% of the federal poverty level (FPL)

For more information, call 877-852-2585.

NEW MEXICO DEPARTMENT OF HEALTH
**IT’S OUR TURN TO SERVE YOU**

The Veterans Administration (VA) offers health services through Community-Based Outpatient Clinics all over New Mexico. You’ve defended your country, now protect your health — make an appointment today.

**OUTPATIENT VA CLINICS PROVIDE SOME OR ALL OF THESE SERVICES:**
- Blood draws
- EKGs
- Evaluations by doctors
- Routine lab tests
- Immunizations
- Social work services

Questions about eligibility for services at these clinics should be directed to 505-265-1711, ext. 2741. A co-payment may be required for certain services. For after-hours assistance, call 888-252-9970. Appointments are required. Please contact your closest clinic from the following list:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Numbers</th>
</tr>
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<tbody>
<tr>
<td>COLFAX</td>
<td>1275 South 2nd St. Raton, NM 87740</td>
<td>505-445-2391</td>
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<tr>
<td>EDDY</td>
<td>1700 W. Main St. Artesia, NM 88210</td>
<td>575-746-3531 505-256-5489 or 800-465-8262 x 5489</td>
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<tr>
<td>GRANT</td>
<td>1302 E. 32nd St. Silver City, NM 88061</td>
<td>575-536-2921</td>
</tr>
<tr>
<td>OTERO</td>
<td>1410 Aspen Dr. Alamogordo, NM 88310</td>
<td>575-437-9195</td>
</tr>
<tr>
<td>RIO ARRIBA</td>
<td>620 Coronado St., Ste. B Española, NM 87532</td>
<td>505-747-5943 505-753-7395</td>
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<tr>
<td>SAN JUAN</td>
<td>1001 C W. Broadway Farmington, NM 87401</td>
<td>505-326-4383</td>
</tr>
<tr>
<td>SAN MIGUEL</td>
<td>1235 Eighth St. Las Vegas, NM 87701</td>
<td>505-425-6788</td>
</tr>
<tr>
<td>SANTA FE</td>
<td>2213 Brothers Rd., Ste. 600 Santa Fe, NM 87505</td>
<td>505-986-8645</td>
</tr>
<tr>
<td>SIERRA</td>
<td>1960 N. Date St. Truth or Consequences, NM 87901</td>
<td>575-894-7662</td>
</tr>
<tr>
<td>NEW MEXICO STATE VETERAN SERVICE OFFICES</td>
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<tr>
<td>BERNALILLO</td>
<td>500 Gold Ave. SW Albuquerque, NM 87102</td>
<td>505-346-3986</td>
</tr>
<tr>
<td>CHAVES</td>
<td>500 N. Richardson Ave. #255 Roswell, NM 88201</td>
<td>505-624-6086</td>
</tr>
<tr>
<td>CHAVEZ</td>
<td>500 N. Richardson Ave. #255 Roswell, NM 88201</td>
<td>505-624-6086</td>
</tr>
</tbody>
</table>
Soldiers, veterans and their families receive quality and comprehensive services from VFSS, including:

- Comprehensive case management
- Behavioral health counseling and skills training
- Psychiatric and medication management
- Traditional healing
- Telemedicine
- VA Suicide Hotline

The Raymond G. Murphy VA Medical Center
1501 San Pedro SE
Albuquerque, NM 87108
505-265-1711
or 800-465-8262
www.albuquerque.va.gov

Provides medical, dental and long-term care to military veterans and their spouses and dependents. VA care does not require a monthly premium, but you may be responsible for some co-pays. Your insurance plan may cover the cost of co-pays. Patients with low incomes may qualify for free care.

Te lephone Care Program
Urgent or non-urgent medical needs and questions can be addressed by the VA's Patient Service Assistants and RN.

Call 505-265-1711, x 5489 (in Albuquerque) or 800-465-8262, x 5489 (outside of Albuquerque).

Mon. - Fri. 8 a.m.-4 p.m. (excluding holidays)

After business hours, call 888-252-9970.
Medical and behavioral health services for members of American Indian tribes are available on and off tribal lands. The following centers require that patients have a Certificate of Indian Blood or other proof that they are associated with a tribe.
The latest trend in smoking... QUITTING

Call today to see if the help line is right for you.

- Services for youth and adults
- Free self-help materials to help participants stay on track with their quit plan between calls
- Now offering free nicotine patches or gum

1-800-QUIT-NOW
## A BRIGHT SMILE IS A SIGN OF GOOD HEALTH!

We now know that dental health has everything to do with overall physical well-being, especially a healthy heart. So protect your smile and the rest of your body by brushing and flossing after meals. Your nearest community health center may offer low-cost or free dental care – inquire today, and smile!

<table>
<thead>
<tr>
<th>Location</th>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
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<tr>
<td>Cuba</td>
<td>Ojo Encino Treatment Center</td>
<td>Off Highway 197.30 Miles NW of Cuba</td>
<td>505-731-1505</td>
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<tr>
<td></td>
<td></td>
<td>Cuba, NM 87013</td>
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<tr>
<td>Dulce</td>
<td>Jacirilla Service Unit</td>
<td>12000 Stone Lake Rd. Dulce, NM 87528</td>
<td>575-759-3291</td>
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<tr>
<td>Española</td>
<td>Santa Clara Health Center</td>
<td>State Rd. 30 Los Alamos Hwy</td>
<td>505-753-9421</td>
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<tr>
<td></td>
<td></td>
<td>Española, NM 87532</td>
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<tr>
<td>Gallup</td>
<td>Gallup Indian Medical Center</td>
<td>516 Nizhoni Blvd. Gallup, NM 87301</td>
<td>505-722-1326</td>
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<tr>
<td>Na Nizhoozhí</td>
<td>Treatment Center</td>
<td>2205 Boyd Ave. Gallup, NM 87301</td>
<td>505-722-2177</td>
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<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Gallup</td>
<td>Treatment Center</td>
<td>196 E. Historic Hwy 66, Gallup, NM 87301</td>
<td>505-722-9470</td>
</tr>
</tbody>
</table>

## NA GALLUP

### Jemez Behavioral Health Program
- 110 Sheep Springs Rd, Jemez Pueblo, NM 87024
- 575-834-7258

### Magdalena Alamo Navajo Health Center
- Hwy 169, Mile 69, Magdalena, NM 87825
- 505-854-2626

### Mescalero Mescalero Indian Health Services
- 318 Abalone Loop, Mescalero, NM 88340
- 505-671-4441

### Pine Hill Pine Hill Health Center
- BIA 125, Milepost 12.5, Pine Hill, NM 87357
- 505-775-3240

### San Felipe San Felipe Mental Health Services
- 711 Main Pueblo Rd, San Felipe Pueblo, NM 87001
- 505-867-9616

### San Felipe San Felipe Health Clinic
- 4 Cedar St, San Felipe, NM 87001
- 505-867-2739

### San Juan Acoma-Cañosito-Laguna Hospital
- I-40 West, Exit 102 at Acamita cutoff, San Juan, NM 87049
- 505-525-5300

### Santo Domingo Santo Domingo Health Clinic
- 85 W Hwy 22, Santo Domingo Pueblo, NM 87052
- 505-465-3060

### Shiprock Northern Navajo Medical Center
- 491 N Shiprock, NM 87420
- 505-368-6818

### Taos Taos/Picuris Health Center
- 1090 Goat Springs Rd, Taos, NM 87571
- 505-758-4224

### Thoreau Crownpoint Hospital
- 3 Navarre Blvd. E (Hwy 371 at Frontier St.), Thoreau, NM 87323
- 505-862-8250

### Tohatchi Tohatchi Health CTR
- 007 Chooyah Dr, Tohatchi, NM 87325
- 505-722-8100

### Zia Zuni Comprehensive Comm Health Center
- Rte. 301 N, off Hwy 53, Zuni, NM 87327
- 505-782-4431
BE SUN SAFE, NEW MEXICO!

Skin cancer is the most common type of cancer in New Mexico and in the U.S. Too much sun during childhood and teen years is a key risk factor for developing this disease. More than half of a person’s lifetime sun exposure occurs by the age of 18, so making sure children and teens are safe in the sun is the best way to prevent skin cancer. But, you can still protect yourself at any age.

TYPES OF SKIN CANCER
The two most common kinds of skin cancer – basal cell and squamous cell carcinoma – are highly curable. Melanoma, the third most common type of skin cancer, is more dangerous.

RISK FACTORS FOR DEVELOPING SKIN CANCER
Exposure to UV radiation increases the risk for developing all three types of skin cancer. A history of one or more severe, blistering sunburns during childhood or adolescence is associated with a greater risk for both melanoma and basal cell carcinoma. In the long run, getting too much sun increases the risk for squamous cell carcinoma. Other risk factors for skin cancer include family history of melanoma, number and type of moles (especially if you have many moles or they are large or unusual), and skin color. Anyone can get skin cancer; however, the risk is higher for fair-skinned people who sunburn easily than for people with darker skin color or those who tan easily.

SUN PROTECTION FOR EVERYONE
- Limit outdoor activities between 10 a.m. and 4 p.m. when the sun’s rays are the strongest. If you must be outside, seek shade. Trees, beach umbrellas and tents are all good sources of shade.
- Wear protective clothing when exposed to sunlight, such as a wide-brimmed hat, long sleeves and pants, and sunglasses.
- Avoid artificial sources of UV light, including tanning booths. There is no safe way to tan. A tan is the skin’s response to injury caused by UV light exposure.
- Use sunscreen with a minimum sun protection factor (SPF) of 15 whenever you go outside – even on cloudy days. Sunscreen should be used in addition to other sun protection.
Low-Cost Coverage for Your Family

The State of New Mexico’s Health and Human Services Department offers a number of health insurance options for adults and children who do not qualify for Medicaid.

Programs include health insurance coverage for pregnant women, children, working disabled individuals, financially eligible families and employees of non-profit organizations and small businesses. All coverage options are available through traditional Medicaid programs, the State Children’s Health Insurance Program and Insure New Mexico! Solutions. Income eligibility for medical assistance programs is based on a percentage of the federal poverty level. Eligibility for all programs is also based on citizenship, residency, medical factors and, sometimes, an individual’s current health insurance coverage status.

Applying for these programs is easy. Call 888-997-2583 to have an application sent to you, download an application at www.hsd.state.nm.us/mad/CAppEng.html or visit a local Income Support Division office (www.hsd.state.nm.us/isd/).
Many clinics, hospitals and community organizations can also help with the application process. Coverage for most State-funded medical assistance programs must be renewed every 12 months. Recipients must notify the State when they have a change in income or address. The State sponsors several insurance programs for specific populations. Among them are:

**State Coverage Insurance (SCI)** is designed for working New Mexico residents, 19-64 years of age with household incomes up to 200% of federal poverty guidelines, including small employers and non-profits with 50 or fewer eligible employees and self-employed individuals.

**New Mexikids** offers health coverage to children under 19 years old for regular checkups, doctor visits, dental visits, hospital care, prescriptions, glasses and hearing and vision exams. Other services may be covered if they are medically necessary.

- Families earning less than 185% of the federal poverty guidelines pay nothing.
- Families earning 185% - 235% of the federal poverty guidelines may be required to make a co-payment.
- Preventive services, such as Tot to Teen Health Checks and immunizations do not require a co-payment.

New Mexikids applications are taken at Income Support Division offices, clinics, hospitals, primary care providers and schools.

**Premium Assistance for Kids (PAK)** offers assistance with payment of the premium for private, complete child health insurance for children up to age 12 (or 18 if part of a sibling group that includes a child younger than 12) who do not qualify for Medicaid or SCHIP.

- Residency and citizenship requirements are similar to Medicaid and SCHIP.

**Premium Assistance for Maternity (PAM)** provides pregnancy-related health coverage for eligible pregnant women. There is no upper income limit for PAM, but participants must be pregnant, a resident of New Mexico and a U.S. citizen.

Health benefits include pre- and post-natal care, delivery, and other pregnancy-related health services. PAM does not cover procedures, services, medicines or items that are not related to pregnancy.

Patients may see any New Mexico medical provider that accepts Medicaid reimbursement. A one-time fee is charged, based on how long the participant has been pregnant:

- First 20 weeks of pregnancy (months 1-5): $150;
- Second 20 weeks of pregnancy (months 6-9): $300.

There are no deductibles or co-payments.

Call Insure New Mexico! at 888-997-2583 for info on these programs, or visit www.insurenewmexico.state.nm.us.

**The New Mexico Medical Insurance Pool (NMMIP)** provides access to health insurance coverage to New Mexicans who are denied health insurance and considered uninsurable. NMMIP also provides health benefit portability coverage to New Mexicans who have exhausted COBRA benefits and have no other portability options available to them. NMMIP is administered by Blue Cross and Blue Shield of New Mexico.

Call 800-432-0750 (Option #4) or 866-622-4711 for info or applications.

**NM Health Insurance Alliance (www.nmhi.com)** connects individuals and small businesses to independent health insurers who offer a full range of health plans to those who are unable to qualify for commercial health insurance.

Call 800-204-4700 or 505-989-1600 (in Santa Fe).
YOU DON’T NEED AN ADDRESS TO FIND CARE

Many clinics and providers in the community serve low-income people and families. Below are the organizations that offer medical and dental services for homeless New Mexicans.

**ALBUQUERQUE**

**HEALTHCARE FOR THE HOMELESS**
1217 First St. NW
Albuquerque, NM 87102
Medical clinic: 505-242-4644
Dental clinic: 505-242-8288
www.abqhch.org

These clinics offer primary medical and dental care and psychiatric services, with volunteer-run eye, dermatology, podiatry and other specialty clinics. Services are free. A motel voucher program lodges clients with medical diagnoses requiring shelter to get well. Medical clinic open Mon., Tues., Thurs., Fri. 7:55 a.m.-noon, and Mon.-Fri. 1-4:30 p.m. Representatives from the VA are in the medical clinic from 8 a.m. to noon on Mon., Tues. and Fri. For questions about dental clinic hours, services and eligibility, call 505-242-8288.

**LAS CRUCES**

**ST. LUKE’S HEALTH CARE CLINIC**
999 W. Amador Ave.
Las Cruces, NM 88005
575-527-5482
www.stlukeshealthcareclinic.org

St. Luke’s offers limited, temporary health care services to adult homeless, non-working and working persons who do not qualify for established plans of health care aid. There is no cost for the services.

**FARMINGTON**

**FARMINGTON COMMUNITY HEALTH CENTER**
1601 W. Broadway
Farmington, NM 87401-5638
505-327-4796
http://quasar.pmsnet.org

This center provides primary care, mental health care, pharmacy, radiology, alcohol and drug abuse counseling, HIV/AIDS outreach, infection control, laboratory services, diabetic specialty clinic, transportation, eligibility assistance and the delivery of substance abuse health care.

**SANTA FE**

**LA FAMILIA MEDICAL CENTER**
818 Camino Sierra Vista
Santa Fe, NM 87505
505-988-1742
http://lafamilia.sf.org

La Familia Medical Center’s Health Care for the Homeless program in Santa Fe provides primary health care, dental care, mental health and substance abuse service referrals, case management, transportation and outreach services to persons who are homeless in Santa Fe County. For information about clinic hours, call or drop by the office.
HEALTH IS A LONG-TERM PROJECT

The New Mexico Aging and Long-Term Services Department offers help with Medicare, prescription drug coverage, long-term care options, home-based support services and many other issues that are critical to seniors and people with disabilities.

AGING AND DISABILITY RESOURCE CENTER
505-476-4846 (Santa Fe)
800-432-2080 (toll-free in New Mexico)
www.nmaging.state.nm.us

The Resource Center is a one-stop resource for seniors that provides people with disabilities and their families access to insurance, benefits and prescription drug assistance, nursing home quality-of-care reports and complaints, care coordination and management, attendant services and caregiver resources.

COMMUNITY ADVOCACY PROGRAM
505-222-4500 (in Albuquerque)
866-842-9239 (toll-free in New Mexico)

This program ensures that older New Mexicans receive information about health care options and other benefits. It does not sell, endorse or recommend any specific insurance or other health plans. Ask the Community Advocacy Program about:
- Medicare/Medicaid/Medigap benefits
- Claim denial appeals
- HMO information and locations
- Nursing home and home health care coverage
- SSI and other public benefits programs
- Medication, utility bill and food assistance

FOR COMPLAINTS ABOUT...
- DISCRIMINATION OR LACK OF ACCESS TO HEALTH CARE
- DOH Incident Management System
- Health Facility Licensing and Certification
- NM Medical Review Association (NMMRA)
- NM Medical Board

QUALITY OF CARE BY A PHYSICIAN OR PHYSICIAN ASSISTANT:
NM Medical Board
2055 S. Pacheco
Bldg. 400
Santa Fe, NM 87505
800-945-5845
505-476-7230
or 505-476-7240

QUALITY OF CARE BY A NURSE:
NM Board of Nursing
6301 Indian School Rd.
NE, Ste. 710
Albuquerque, NM 87110
505-841-8340

QUALITY OF CARE IN A NURSING HOME:
DOH Incident Management System
Health Facility Licensing and Certification
800-752-8649

MEDICAIRE BENEFICIARY QUALITY-OF-CARE CONCERNS, EARLY DISCHARGE FROM HOSPITAL OR NURSING FACILITY CONCERNS:
NM Medical Review Association (NMMRA)
PO BOX 3200
Albuquerque, NM 87190
800-663-6351
STATE SERVICES FOR SPECIAL POPULATIONS

No two people are exactly alike, which is why some of us need extra care. New Mexico has several programs and centers that provide services to individuals who are disabled or medically fragile.

FAMILY INFANT TODDLER (FIT) PROGRAM
Provides services to children from birth to age 3 who have or are at risk of having developmental delays and disabilities. Services include occupational, speech and physical therapy, developmental instruction, social work, nursing, vision and hearing services. Services are provided in the home and other community settings, including child care centers and Early Head Start locations. These services help families improve
their child’s development through activities and routines. If you are concerned about a child’s development, call the FIT Program toll-free at 877-696-1472 or go to www.fitprogram.org to find an early intervention provider in your community. Early intervention makes a lifetime of difference!

DEVELOPMENTAL DISABILITIES (DD) WAIVER PROGRAM

Provides support to individuals with a developmental disability so they may live in their home. Developmental disability is defined as a severe chronic disability, other than mental illness, that:
- Is caused by a mental or physical impairment
- Becomes apparent before the person reaches the age of 22
- Is expected to continue indefinitely
- Results in an inability to care for oneself, understand or express language, learn, live independently and make their own decisions
- Shows a need for special treatment or support services for an extended period of time

Currently, there is a waiting list for DD Waiver services, but individuals who qualify for the service may qualify for temporary services while they wait. For more information, call 800-283-5548.

MEDICALLY FRAGILE WAIVER PROGRAM

Allows individuals who have both a developmental disability and a chronic physical condition that requires prolonged medical care and daily skilled nursing to remain in their homes. For information, call 877-696-1472.

STATE–RUN LONG-TERM CARE AND REHABILITATION

These facilities provide long-term care and rehabilitation for physical injuries and surgery or substance abuse to individuals who might not otherwise be able to obtain these services. See list below for specific sites and services offered:

FORT BAYARD MEDICAL CENTER

A 250-bed long-term care facility near Silver City, Fort Bayard Medical Center also offers chemical dependency treatment in a separate building. For more information, call 800-541-6966.

NEW MEXICO BEHAVIORAL HEALTH INSTITUTE

This center in Las Vegas is the state psychiatric hospital that offers community mental health services in three counties, a treatment program for male sex offenders and a long-term care facility. For more information, call 800-446-5970.

NEW MEXICO REHABILITATION CENTER IN ROSWELL

This center provides physical and occupational therapy, speech and language pathology, social services and a chemical dependency program. For more information, call 575-347-3400.

NEW MEXICO STATE VETERANS’ HOME

Located in Truth or Consequences, this home serves state veterans with nursing care and adult residential care. For more information, call 575-894-4200.

SEQUOYAH ADOLESCENT TREATMENT CENTER

Located in Albuquerque, this is a 36-bed residential treatment facility for adolescents with a history of violence or a mental disorder that might lead to violence. For more information, call 505-222-0355.

TURQUOISE LODGE

A 36-bed treatment center that offers in-patient treatment as well as residential care in Albuquerque. For information, call 505-841-8978.

LOS LUNAS COMMUNITY PROGRAM

Provides services to people with developmental disabilities in their communities. For more information, call 505-865-9611.
BELIEVE IT!
It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or for free.

There are more than 475 public and private patient assistance programs offering access to over 2,500 brand-name and generic medications free or at a savings. Nearly 200 of these programs are offered by pharmaceutical companies.

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE
The Partnership for Prescription Assistance brings together America’s pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through a program that’s right for them. To find out more, call 888-477-2669 or visit www.pparx.org.
NEW MEXICO MEDBANK PROGRAM
This program can assist people of any age who live in New Mexico and do not have prescription drug coverage or have used up their benefit. NM MEDBANK makes it easy to apply for free medicines from pharmaceutical companies.

Each pharmaceutical company has its own eligibility guidelines but usually requires that the patient be low to middle income and have no insurance to pay for the medicines. Your doctor or other medical provider must be available to sign forms, write prescriptions, and receive the medicines to give to you. For more information on the New Mexico MEDBANK program, call 505-476-4846 (in Santa Fe) or 1-800-432-2080 (toll-free statewide).

NEW MEXICO DISCOUNT PRESCRIPTION DRUG PROGRAM (DPDP)
The State of New Mexico offers a discount drug program to all residents of New Mexico regardless of your age, and whether or not you have other insurance.

Through the DPDP, you may save from 13% to 50% on your current drug costs. And it’s free to join! Go to www.nmhrca.state.nm.us/dpdp to learn more, or leave a message at 866-244-0882.

TOGETHER RX ACCESS®
Millions of hardworking people with no prescription drug coverage are now saving on the medicines they need with the Together Rx Access® Card.
- Most cardholders save 25%–40% on brand-name medicines.
- Over 300 brand-name medications are included.
- Savings are available on generic drugs as well.

ELIGIBILITY:
To qualify, applicants must:
- Have no prescription drug coverage
- Not be eligible for Medicare
- Be a legal resident of the U.S. or Puerto Rico
- Have household income equal to or less than:
  - $45,000 for a single person
  - $60,000 for a family of two
  - $75,000 for a family of three
  - $90,000 for a family of four
  - $105,000 for a family of five

HOW TO APPLY:
Call 800-250-2839 or visit www.togetherrxaccess.com.
TAKE CONTROL

When life’s problems are too much for you to handle, there are agencies around the state that can help. Ask your doctor for a referral. If you — or a loved one — need help immediately, call one of the numbers below.

BEHAVIORAL HEALTH SERVICES INCLUDE:
- Prevention programs for children and adults
- Services for children and adults with substance use and/or general mental health disorders
- Services for children in serious emotional trouble
- Services for adults with a serious mental illness

If you need help urgently and are unable to find help at the numbers below, call 505-277-3013 (in Albuquerque and Santa Fe) or the statewide hotline: 866-435-7166 (HELP-1-NM).

CRISIS LINES, BY COUNTY
CRISIS LINES, BY COUNTY

DE BACA
Main Crisis Line: 800-432-2159

DONA ANA
575-522-4004
Southwest Counseling Center: 575-526-3371 or 800-964-1542

EDDY
Carlsbad Mental Health: 575-885-8888

GRANT
Border Area Mental Health: 800-426-0997

GUADALUPE
New Mexico Behavioral Health Institute: 505-425-1048

HARDING
NM Behavioral Health: 505-425-1048
Mental Health Resources: 800-432-2159

HIDALGO
Border Area Mental Health: 800-426-0997

LEA
Guidance Center: 575-393-6633

LINCOLN
Counseling Center: 575-257-5038 or 800-634-3666

LOS ALAMOS
Los Alamos Family Council: 505-662-4422 or 877-602-4060

CATRON
Border Area Mental Health: 800-426-0997

CHAVES
Counseling Associates: 575-623-1480

CIBOLA
Main Crisis Line: 505-287-7211 or 866-527-2291

COLFAX
Tri-County Services: 575-758-1125

CURRY
Main Crisis Line: 800-432-2159

DE BACA
Main Crisis Line: 800-432-2159

DONA ANA
575-522-4004
Southwest Counseling Center: 575-526-3371 or 800-964-1542

EDDY
Carlsbad Mental Health: 575-885-8888

GRANT
Border Area Mental Health: 800-426-0997

GUADALUPE
New Mexico Behavioral Health Institute: 505-425-1048

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Guidance Center: 575-393-6633

LINCOLN
Counseling Center: 575-257-5038 or 800-634-3666

LOS ALAMOS
Los Alamos Family Council: 505-662-4422 or 877-602-4060
So much to live for

SUICIDE PREVENTION
Before doing anything else, talk. These free help lines offer caring, confidential support if you’re feeling too much pressure or are in crisis:

Agora Helpline: 866-435-7166 (866-HELP-1-NM) 277-3013 in Albuquerque
Hours: 9 a.m. - midnight, 365 days a year
The Call: 866-314-6847
646-2255 (646-CAll) in Las Cruces
Hours: 24 hours, 7 days a week

National Suicide Prevention Lifeline: 800-273-8255 (800-273-TALK)
Hours: 24 hours, 7 days a week
DIABETES IS...
...when your body has trouble using the sugar (or glucose) that it produces from the food you eat. When the unused sugar starts to build up, that’s when the real trouble begins.

But the good news is that type 2 diabetes is 90-95% preventable! That’s right: While type 1 diabetes can’t be prevented, type 2 diabetes – the most common form – has risk factors which you can change to lower your risk for the disease. These risk factors include:

- Older age
- Obesity
- Family history of diabetes
- Physical inactivity
- History of gestational diabetes
- History of cardiovascular disease
- Member of high-risk ethnic group (in NM, this includes African Americans, American Indians and Hispanics.)

SYMPTOMS
The symptoms of type 2 diabetes develop gradually. Some people experience no symptoms, while others may have:

- Fatigue or nausea
- Frequent urination
- Unusual thirst
- Weight loss
- Blurred vision
- Frequent infections
- Slow healing of wounds or sores

PREVENTION
People with pre-diabetes can prevent the development of type 2 diabetes by making changes in their diet and increasing their level of physical activity. They may even be able to return their blood glucose levels to the normal range.

Some medications may delay the development of diabetes, but diet and exercise work better. There are two simple steps you can take toward saving yourself from this potentially deadly disease.

1. Get lots of exercise – Physical activity is key to maintaining a healthy weight and lowering cholesterol levels. It will also stimulate your appetite.

2. The American Diabetes Association recommends that you:

   - Eat lots of fruits and non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
   - Choose whole grain foods over processed products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.
   - Include dried beans and lentils in your meals.
   - Eat fish 2-3 times a week.
   - Choose lean meats like cuts of beef and pork that end in “loin” such as pork loin and sirloin.
   - Remove skin from chicken and turkey.
   - Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
   - Choose water and calorie-free “diet” drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
   - Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats. Remember: fats are high in calories.
   - Cut back on high-calorie snack foods and desserts like chips, cookies, cakes and ice cream. Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.