POSTERS

PROMISE COMMUNITY HEALTH CENTER

NOW OPEN SATURDAYS 8AM TO NOON

CALL 712-722-1700 TO MAKE AN APPOINTMENT

INTERPRETERS AVAILABLE

LLAME AL 712-722-1700 PARA PROGRAMAR UNA CITA

INTÉRPRETES DISPONIBLES

AHORA ABIERTO LOS SÁBADOS 8:00 AM AL MEDIO DÍA

33 4TH STREET NW, SIOUX CENTER, IOWA 51250

PROMISE COMMUNITY HEALTH CENTER

Promise is a community health center which means we aim to serve the **whole** community – ***any language, background, or insurance status.***

Promise es un centro de salud pública, lo que significa que nuestro objetivo es atender a toda la comunidad – ***cualquier idioma, origen o seguro médico.***

- medical care / atención médica
- women's health / salud de la mujer
- mental health / salud mental
- vision care / cuidado de la visión
- dental care / atención dental
- financial counselors / asesoras financieras

33 4TH ST NW, SIOUX CENTER IOWA
712-722-1700
PROMISECHC.ORG
CARE@PROMISECHC.ORG
M-TH 8am - 7pm, F 8am - 5pm

PROMISE COMMUNITY HEALTH CENTER

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everyone IS WELCOME

- MEDICAL CARE
- WOMEN'S HEALTHCARE
- BEHAVIORAL HEALTHCARE
- DENTAL CARE
- VISION CARE
- PHARMACY
- POPULATION HEALTH
- FINANCIAL COUNSELORS

Our mission is to provide accessible, holistic health care that adapts to the needs of the community to improve the wellbeing of all persons.

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M-TH 8am - 7pm, F 8am - 5pm

PROMISE COMMUNITY HEALTH CENTER
an iowahealth partner

Struggling to pay your medical bills?

¿Se le dificulta pagar sus facturas médicas?

call 712-722-1700

- ask about the sliding fee discount & financial assistance
- pregúntenos sobre nuestra escala de descuento y ayuda financiera

- medical care / atención médica
- women's health / salud de la mujer
- mental health / salud mental
- vision care / cuidado de la visión
- dental care / atención dental
- financial counselors / asesoras financieras

Need a ride to your appointment? **Let us know!**

¿Necesita transporte para venir a su cita? **Avísenos!**

HALF SHEETS

Call 712-722-1700 to make a Saturday appointment OR walk-in from 8am to 12pm!

PROMISE COMMUNITY HEALTH CENTER
an iowahealth+ partner

¡Llame al 712-722-1700 para hacer una cita para el sábado o venga sin cita previa de 8:00am a 12:00pm!

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- ask about our sliding fee discount & financial assistance

- pregúntenos sobre nuestra escala de descuento y ayuda financiera

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REFERRAL CARD

Do you know someone who could benefit from Promise's services?

BECOME A PROMISE PARTNER!
refer friends, family, neighbors, co-workers, more

1. Fill out this card
2. Give this card to someone you would like to refer
3. Referred person will hand in this card at their first Promise Provider visit
4. We will confirm your referral and mail you & referred person a gift*

As a thank you for your trust in us we would like to reward you!

BECOME A PROMISE PATIENT!
bring this card along to your first Promise visit!

CALL 712-722-1700

To make your 1st appointment at Promise Community Health Center!

New patient name:_____

Referred by*

Name:_____

Full address:_____

Phone:_____

* gift will be valid only for existing patients referring new patients

* program valid thru 12/31/24

MAGNETS

CALL US FIRST!

PROMISE CLINIC

- fevers
- head colds
- dizziness
- nausea & vomiting
- minor burns
- strains & sprains
- back pain
- chest colds
- diarrhea
- flu like symptoms
- hemorrhoids
- pink, itchy eyes
- earaches
- sore throat
- cuts
- minor broken bones
- yeast infection
- urinary tract infection
- minor asthma attacks
- rashes
- well-child physicals
- adult physicals

HOSPITAL E.R.

- fever over 104°
- seizure
- suicidal thoughts
- difficulty speaking
- deep wounds
- heavy bleeding
- heart palpitations
- chest pain
- allergic reactions
- numbness in arm, face or leg
- head trauma
- severe abdominal pain
- shortness of breath
- major broken bones
- overdose
- vomiting blood
- coffee ground stools
- severe pain
- heat illness
- severe headache

712-722-1700

still unsure where to go? **CALL US FIRST!**

after hours: **712-578-8841**

PROMISE COMMUNITY HEALTH CENTER

712-722-1700 | after hours number **712-578-8841**

IBUPROFEN (MOTRIN, ADVIL) DOSAGE FOR FEVER & PAIN

[dose can be repeated every 6-9 hours as needed do not give to children younger than 6 months of age]

	12-17 LBS	18-23 LBS	24-35 LBS	36-47 LBS	48-59 LBS	60-71 LBS	72-95 LBS	96+ LBS
TOTAL DOSE IN MG	50 mg	75 mg	100 mg	150 mg	200 mg	250 mg	300 mg	400 mg
CHILDREN 2.5ML LIQUID	1 dropper	1.5 droppers	2 droppers	3 droppers	4 droppers	-	-	-
CHILDREN 100MG TABLET EACH	-	-	-	-	2 tabs	2½ tabs	3 tabs	4 tabs
ADULT 200MG TABLET EACH	-	-	-	-	1 tab	1 tab	1½ tabs	2 tabs

ACETAMINOPHEN (TYLENOL) DOSAGE FOR FEVER & PAIN

[dose can be repeated every 4-6 hours as needed do not give to children younger than 3 months of age]

	6-11 LBS	12-17 LBS	18-23 LBS	24-35 LBS	36-47 LBS	48-59 LBS	60-71 LBS	72-95 LBS
TOTAL DOSE IN MG	40 mg	80 mg	120 mg	160 mg	240 mg	325 mg	480 mg	650 mg
CHILDREN 160MG LIQUID	-	1/2 tsp	3/4 tsp	1 tsp	1 ½ tsp	2 tsp	2 ½ tsp	4 tsp
CHEWABLE 160MG TABLET EACH	-	-	-	1 tab	1½ tabs	2 tabs	3 tabs	4 tabs
ADULT 325MG TABLET EACH	-	-	-	-	-	1 tab	1-1½ tabs	2 tabs

PROMISE COMMUNITY HEALTH CENTER

CLINIC HOURS

Monday - Thursday: 8am to 7pm
Friday: 8am to 5pm

BROCHURE

SLIDING FEE DISCOUNT & FINANCIAL ASSISTANCE

PROMISE COMMUNITY HEALTH CENTER HAS A FINANCIAL ASSISTANCE/SLIDING FEE PROGRAM THAT APPLIES TO OUR HEALTH CENTER SERVICES FOR UNDERINSURED, UNINSURED, AND INSURED PATIENTS WHO MEET CERTAIN REQUIREMENTS.

PROMISE WANTS TO ENSURE THAT HOLISTIC HEALTH CARE IS READILY ACCESSIBLE TO EVERYONE, NO MATTER THEIR INCOME LEVEL, ETHNIC BACKGROUND, OR LIFE SITUATION. OUR FINANCIAL COUNSELORS WILL DO EVERYTHING THEY CAN TO REMOVE ANY POTENTIAL BARRIERS PATIENTS MAY FACE TO RECEIVING THE CARE THEY NEED AND DESERVE.

EVERYONE IS WELCOME

PROMISE IS A COMMUNITY HEALTH CENTER WHICH MEANS WE AIM TO SERVE THE WHOLE COMMUNITY – ANY LANGUAGE, BACKGROUND, OR INSURANCE STATUS.

IF YOU HAVE A LOWER INCOME AND NO INSURANCE, WE WOULD LOVE TO SERVE YOU AND ARE ABLE TO OFFER A DISCOUNT ON YOUR SERVICES. WE WILL ALSO SUPPORT YOU IN ANY OTHER BARRIERS TO BETTER HEALTH.

IF YOU HAVE INSURANCE, WE WOULD LOVE TO SERVE YOU. BY CHOOSING PROMISE, YOU CAN SUPPORT YOUR COMMUNITY AS THESE INSURANCE PAYMENTS CAN HELP PROMISE'S FINANCIAL STRENGTH TO CONTINUE OUR MISSION. IT IS A GREAT WAY TO PARTNER WITH US AS WE CONTINUE TO MAKE HEALTH CARE AVAILABLE TO ALL INDIVIDUALS.

PROMISE COMMUNITY HEALTH CENTER
an iowahealth partner

33 4TH STREET NW, SIOUX CENTER, IA 51250
(712) 722.1700
CARE@PROMISECHC.ORG
PROMISECHC.ORG

OUR MISSION

OUR MISSION IS TO PROVIDE ACCESSIBLE, HOLISTIC HEALTH CARE THAT ADAPTS TO THE NEEDS OF THE COMMUNITY TO IMPROVE THE WELLBEING OF ALL PERSONS.

OUR VISION

OUR VISION IS THAT TOGETHER WE WILL DELIVER THE PROMISE OF A HEALTHIER COMMUNITY.

OUR SERVICES

PROMISE COMMUNITY HEALTH CENTER OPENED IN SIOUX CENTER IN 2008 AND OPERATES AS THE ONLY FEDERALLY QUALIFIED HEALTH CENTER SERVING THE FAR NORTHWEST CORNER OF IOWA.

MEDICAL CARE

- ACUTE CARE
- IN-HOUSE LABS
- PHYSICALS
- CHRONIC DISEASE MANAGEMENT
- VACCINES

DENTAL CARE

- CLEANINGS
- SEALANTS
- TREATMENTS
- EMERGENCIES
- FLUORIDE

WOMEN'S HEALTH

- WELL-WOMAN CARE
- PRENATAL CARE
- HOME BIRTH
- POSTPARTUM CARE
- CESAREAN PREVENTION

POPULATION HEALTH

- HEALTH COACHING
- NUTRITION
- WEIGHT LOSS
- PREDIABETES
- DIABETES SUPPORT
- HIGH BLOOD PRESSURE

MENTAL HEALTH

- MEDICATION MANAGEMENT
- TRAUMA SERVICES
- COUPLES THERAPY
- ADULT THERAPY
- CHILD THERAPY

VISION CARE

- ROUTINE EYE CARE
- VISION SCREENINGS
- MEDICAL EYE CARE
- EYE GLASS FRAMES

FINANCIAL COUNSELORS

- MEDICARE
- SLIDE FEE/FINANCIAL ASSISTANCE
- MEDICAID
- PUBLIC ASSISTANCE
- TRANSPORTATION

CLINICAL PHARMACY

- EDUCATION
- DRUG INFORMATION
- MEDICATION DISCOUNTS
- LAB REVIEW
- MEDICATION REVIEW
- COUNSELING

RACK CARDS

BEHAVIORAL HEALTH

Promise integrates Behavioral Health Services with medical care as an essential component of meeting the holistic needs of patients. Services are provided on-site by our own behavioral health department, Yaby Doornink and Osiris Ordaz, our Behavioral Health Therapists and Michelle van Beek, our Coordinator and Interpreter.

Behavioral Health Services are provided for children, eight years and older, adult individuals, couples and families.

Sessions explore topics such as:

- Anxiety & Depression
- Interpersonal Issues
- Coping with Changes
- Self-Esteem
- Trauma
- Stress
- Anger
- Domestic Violence
- Self-Harm
- Bullying & More

Therapeutic setting:

- Providing a safe, caring, accepting & confidential space
- Non-judgmental & non-shaming space
- Affirming and empowering patients
- Valuing all cultures and backgrounds
- Offering interpreting services

CONTACT PROMISE TO MAKE AN APPOINTMENT TODAY!

712-722-1700 promisechc.org
care@promisechc.org

PROMISE COMMUNITY HEALTH CENTER

CLINICAL PHARMACY

Promise Community Health Center offers Clinical Pharmacy services to help you understand your medications and vaccinations, obtain them affordably, and answer any questions that you may have.

- MEDICATION COUNSELING
- MEDICATION RESOURCE
- SMOKING CESSATION
- VACCINE INFO & EDUCATION
- DIABETES MANAGEMENT
- HYPERTENSION MANAGEMENT
- HIGH CHOLESTEROL MANAGEMENT
- COVID-19 RESOURCES

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PROMISE COMMUNITY HEALTH CENTER

DENTAL CARE

Promise Community Health Center has a full dental care team including local dentists, dental hygienists and several bilingual dental assistants.

Promise Community Health Center Dental Program accepts Medicaid Insurance and private insurance. For those without insurance, Promise offers a sliding-fee scale discount that greatly reduces the cost of appointments based on income and household size.

- ROUTINE HYGIENE APPOINTMENTS
- DEEP CLEANINGS
- FILLINGS & EXTRACTIONS
- CROWNS, BRIDGES & PARTIALS
- NITROUS SEDATION CAPABILITIES
- ORAL HYGIENE EDUCATION
- SLIDING FEE APPLICABLE
- MEDICAID ACCEPTED

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PROMISE COMMUNITY HEALTH CENTER

WOMEN'S HEALTH

Our experienced Promise Community Health Center Midwifery Team offers care that is tailored to the needs of your growing family. Care is designed to support you through the changes you will experience throughout your life.

Midwives are highly-trained healthcare professionals who provide many health care options for women.

- WELL-WOMAN HEALTH MAINTENANCE EXAMS
- BIRTH CONTROL CONSULTS
- FREE PREGNANCY TESTING
- PRENATAL CARE
- HOME BIRTH
- CESAREAN PREVENTION/VBAC COUNSELING
- POSTPARTUM CARE
- NATURAL FAMILY PLANNING

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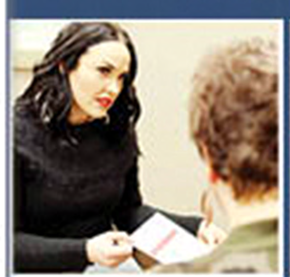
PROMISE COMMUNITY HEALTH CENTER

POPULATION HEALTH

Our Promise Nurse Health Coaches work one-on-one with individuals and their families to evaluate their health needs, environment and barriers to better health.



- HEALTH COACHING
- NUTRITION COUNSELING
- WEIGHT LOSS SUPPORT
- FAMILY/KIDS NUTRITION SUPPORT
- PREDIABETES PREVENTION
- DIABETES CARE
- HIGH BLOOD PRESSURE ASSISTANCE

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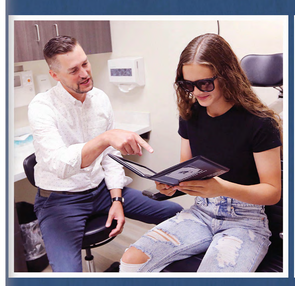
PROMISE COMMUNITY HEALTH CENTER

VISION CARE

Promise Community Health Center offers affordable eye care and holistic vision care.



Local eye doctors provide care in our Promise office a couple days a week to offer professional eye care.

ROUTINE EYE EXAMS
Identifies patients at high risk for eye disease or in need of a professional eye exam.

MEDICAL EYE CARE
May detect eye disorders in an early, treatable stage.

VISION SCREENINGS
Provides patients with valuable information and education about eye care.

EYE GLASS FRAMES
Promise has a selection of reasonably priced eye glass frames to offer patients.

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