

### Support Services

#### Breast and Cervical Cancer Screening

This program provides free breast and cervical cancer screenings to women ages 40-64 who have no health insurance or have insurance that does not pay for screening tests and with family incomes at or below 250% of the Federal Poverty Level. You do not have to be a patient at ACHS to participate in this program.

#### HIV/STD Counseling and Testing

We offer confidential counseling, testing and treatment for HIV and sexually transmitted infections and diseases including Chlamydia, Gonorrhea, Syphilis, Trichomoniasis, Hepatitis B & C and HIV infections. You need to be registered as an ACHS patient to receive these services.

#### Text 4 Baby

Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year. Register online at [www.text4baby.org](http://www.text4baby.org) or from your cell phone by texting the word BABY to 511411. You'll be asked to enter your baby's due date or birthday and your zip code. Once registered, you will start receiving free messages with tips for your pregnancy and caring for your baby. Messages are timed to your due date or your baby's birth date.

### Locations & Providers

Please see the ACHS Locations & Providers brochure for a list of our providers and the sites where they practice. Additional contact information for each site is also listed.



### Health Insurance Marketplace

#### Health Insurance

Trying to navigate the Health Insurance Marketplace? ACHS can help!

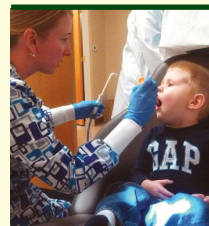
If you are enrolling for health insurance coverage for the first time, ACHS Certified Application Counselors can help you understand the available options and walk you through the application process.

If you are continuing your marketplace health insurance coverage, there are many plans to choose from. Our counselors can help you compare plans so you can choose the one that best fits your health needs and your budget.

ACHS Certified Application Counselors can be reached by calling 1-866-201-5076, option #3.



### ACHS Dental & Oral Health Center



The ACHS Dental & Oral Health Center is located on the ACHS-Littleton campus (on the corner of Cottage Street and Mount Eustis Rd).

A wide range of dental and oral health services are available at the Center

including exams, cleanings, x-rays, extractions, sealants, fluoride varnishes, restorative treatments, root canals and same day urgent care. If additional services are needed, they are referred to specialists in the local community.

Everyone is welcome and a sliding-fee scale is available for payment of services to those who qualify. The ACHS Dental & Oral Health Center can be reached at 603-444-8112.

### Telehealth Services

#### Appointments via Video Conference



Having trouble getting to your appointment? Have transportation issues? Prefer not to come in to the office for a visit? Telehealth may be right for you.

In addition to in-office care, ACHS also offers complete telehealth services which allow you to see your primary or behavioral health care provider via telephone or video conference using your smartphone or tablet. No special software is needed.

#### Expanded Access

All sites are open Monday - Friday 8 am to 5 pm. Patients of ACHS from all sites have access to additional hours at:

##### ACHS-Littleton

Monday -Friday until 5:30 pm  
Saturdays from 9 am to 4 pm

##### ACHS-Woodsville

Monday, Tuesday & Thursday evenings  
until 6 pm

Call 603.444.2464 for an appointment.

All ACHS Patients have access to a provider 24/7 outside of normal business hours - call 603.444.2464



**ACHS has been offering Quality, Affordable Health Care Since 1975**

Founded in 1975, Ammonoosuc Community Health Services is a nonprofit community health center offering a network of affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health.

ACHS serves 26 New Hampshire towns in northern Grafton and southern Coos counties. Clinical teams, made up of doctors, nurse practitioners or physician assistants supported by nurses and medical assistants, provide comprehensive services on a sliding-fee scale to over 10,000 patients.

*ACHS receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.*

## Ammonoosuc Community Health Services, Inc.



Nicole Fischler, APRN  
ACHS-Littleton

### Services ACHS Offers

## Health Care Services

### Primary Preventive Care

ACHS believes in the active involvement in one's own health and our providers work closely with patients to create a plan of coordinated care that is appropriate and can be maintained over a lifetime. By keeping our patients as healthy as we can, we reduce illnesses and prevent diseases from becoming worse and thus more costly.



#### Prenatal Care

We recommend beginning prenatal care as soon as you know you are pregnant. We provide regular checkups and prenatal testing for complications such as gestational diabetes or pre-eclampsia. Healthy lifestyle and nutritional information are provided, as well as post-pregnancy contraception counseling. Delivery can be coordinated with local physicians at area hospitals.



#### Pediatrics

Our staff Pediatrician along with other providers throughout our five sites provide comprehensive care to infants, children and teens. We provide well-child visits, screenings, immunizations, physicals, acute and chronic illness management, and fluoride varnishes.



#### Young & Middle Age Adults, and Seniors

As our teens mature into young adults, we continue to provide primary preventive health care integrated with behavioral and oral health care through a coordinated provider team effort. Hospice and palliative care are available for those who need end-of-life comfort and care.

### Women's Health



ACHS provides a full range of preventive, acute, and chronic care that is specific to women including: contraception counseling, family planning, reproductive health, gynecological care and exams, breast and cervical cancer screenings,

long-term implantable contraceptives, and colposcopic exams to follow up with abnormal pap smears.

### Behavioral Health



ACHS Behavioral Health services are available to all ages, including treatment for addiction, stress, anxiety, emotional trauma, PTSD, problem solving therapy and medication management. Services are coordinated through

the primary care provider, patient navigators, and behavioral health team, allowing for comprehensive, integrated care. If a need is beyond the scope of what ACHS can accommodate, a referral to an outside agency is made. In some cases, Behavioral Health is offered directly in the local school systems.



### Chronic Disease Management

ACHS provided exceptional Chronic Disease Management especially in the areas of depression, diabetes, asthma and heart disease. This high level of care is achieved by monthly reviews

of health information about our patients and continual assessment of ways to improve health outcomes.

*"I believe that the health of the entire community depends on the health of every single person in it. ACHS shares this philosophy, and approaches the health of our patients in an integrated way, which is how I see my patients: as holistic human beings." -- Nicole Fischler, ACHS APRN*

## Additional Support Services

### Patient Navigation Services



Patient navigators help you find the medical, behavioral and social services you need.

Patient navigators can help you with:

- Eligibility for sliding-fee scale\*
- Advanced directives
- Health Insurance Marketplace
- Referrals to community resources

*\*Uninsured patients may be eligible for the ACHS sliding-fee scale. Discounts on lab tests and prescriptions may also be available.*

### Diet & Nutrition



ACHS' certified Nutritionist provides counseling on healthy choices for better nutrition to our patients.

Discover how, by eating right, you can better manage your health and chronic diseases such as diabetes, hypertension, cardiovascular disease and more. ACHS also hosts nutrition

classes through community outreach programs.

### Affordable Vision Program



Good vision is a part of your overall health, and quality eye care becomes increasingly important as you age. ACHS works with area eye doctors to offer a low-cost vision plan. This program provides a comprehensive eye exam and frames at deeply

discounted rates for those who qualify.

## Financial Services

### Self-Pay/Uninsured Services



Insurance status and ability to pay are never barriers to care at ACHS. We work within your income means to find a payment solution that works for you and ACHS. We offer a sliding-fee scale for payment of services to those

who qualify. This may also apply to related lab work. Some specialists also accept our sliding-fee scale for payment of services.

### Prescription Drug Assistance



Patients without prescription drug insurance who qualify may receive long-term medications through the prescription drug manufacturers' Patient Assistance Program. ACHS staff will help you enroll in the program

that is right for you. We also offer prescriptions on a sliding-fee basis in partnership with select area pharmacies.

ACHS is a full service Federally Qualified Health Center specializing in:

- Primary Care for all ages
- Prenatal Care • Women's Health
- Chronic Disease Management
- Behavioral Health • Telehealth
- Dental & Oral Health Services

ACHS offers complete, affordable health care at five convenient community locations. We offer a sliding-fee scale for those who qualify. To become a new patient, call our New Patient In-take Specialist toll-free at 1-866-201-5076 and get the health care you need! Visit us online at [www.ammonoosuc.org](http://www.ammonoosuc.org).