

## Support Services



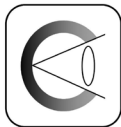
### Patient Navigation Services

At ACHS, our patient navigators are here to help you find the medical, behavioral, and social services you require. They can assist with different things, like figuring out if you qualify for the sliding-fee scale, offering advice on advanced directives, helping with the Health Insurance Marketplace, and connecting you with community resources. If you don't have insurance, you can use the ACHS sliding-fee scale, and there might be discounts on lab tests and prescriptions. Our goal is to help you access the services you need and ensure your well-being.



### Affordable Vision Program

At ACHS, we know how important good vision is for your overall health, especially as you get older. To make sure you get top-notch eye care, we team up with local eye doctors like Hometown Eye Care and Littleton Eye Care to provide a budget-friendly vision plan. If you meet the criteria, you can get a thorough eye exam and frames at greatly reduced prices through this program. Our goal is to make eye care easy to access and affordable for everyone.

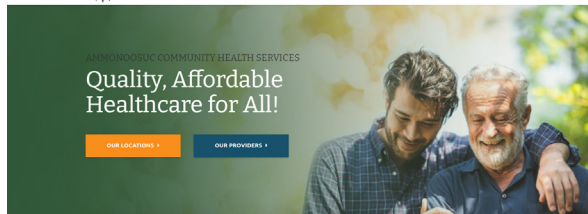


**Breast & Cervical Cancer Screening** This program provides no-cost screenings for breast and cervical cancer to women between the ages of 40 and 64 who don't have insurance covering these tests or have coverage that doesn't include them. To qualify, your family income should be at or below 250% of the Federal Poverty Level. You don't have to be a patient at ACHS to join this program. We are dedicated to supporting women's health and making sure these important screenings are accessible to all who qualify.

### HIV/STD Counseling and Testing

In our center, we offer private counseling, testing, and treatment for HIV and different sexually transmitted infections (STIs) and diseases, like Chlamydia, Gonorrhea, Syphilis, Trichomoniasis, Hepatitis B & C, and HIV infections. To use these services, you must be registered as a patient at ACHS. We value your privacy and well-being, and we provide thorough care for these conditions.

## Additional Resources



### Visit the ACHS Website

Looking for more information about ACHS providers or services? Visit the ACHS website at [www.ammonoosuc.org](http://www.ammonoosuc.org) to discover more details on the programs and services ACHS offers, plus find resources to support services and area agencies that can help keep you healthy.

## ACHS Locations

WEBSITE: [Ammonoosuc.org](http://Ammonoosuc.org)



**FRANCONIA**  
1095 Profile Rd. Suite B.  
Franconia, NH 03580  
Phone: 603-823-7078



**LITTLETON**  
25 Mt. Eustis Road,  
Littleton, NH 03561  
Phone: 603-444-2464



**WARREN**  
Route 25, Main Street  
Warren, NH 03279  
Phone: 603-764-5704



**WHITEFIELD**  
14 King Square  
Whitefield, NH 03598  
Phone: 603-837-2333



**WOODSVILLE**  
79 Swiftwater Road  
Woodsville, NH 03785  
Phone: 603-747-3740

QUESTIONS, CONCERNS: [info@achs-inc.org](mailto:info@achs-inc.org)



*Founded in 1975, ACHS is a non-profit Federally Qualified Community Health Center with six sites in Northern New Hampshire. With funding from national, state and local sources we deliver high-quality, affordable health care to nearly 10,000 patients in over 26 area towns and are committed to providing integrated health – Medical, Dental, Behavioral – for the entire family. We serve ALL – and no one is ever turned away for inability to pay.*

*This health center 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.*



Your Community Health  
Partner for Life

# Patient Services



**Ammonoosuc Community Health Services, Inc.**  
25 Mount Eustis Road  
Littleton, NH 03561  
603-444-2464  
[Ammonoosuc.org](http://Ammonoosuc.org)



## Health Care Services

### Primary Preventative Care

At ACHS, we believe in getting people actively involved in their health. We work closely with healthcare providers to create a lifelong care plan. Together, we make a detailed plan that focuses on working together smoothly. Our main goal is to keep patients as healthy as possible, which helps reduce the impact of illnesses and keeps healthcare costs from going up.

We are proud to be a nationally recognized Patient-Centered Medical Home (PCMH) that is devoted to giving personalized care. Thank you for choosing us as your healthcare partner. We promise to keep up the good work and are excited about helping you in the future.



### Prenatal Care

To ensure a good experience during pregnancy, begin taking care of yourself as soon as you know you're pregnant. We provide regular checkups, tests to catch and handle issues like gestational diabetes or pre-eclampsia early on. We also offer advice on staying healthy, eating well, and discuss contraception options after pregnancy. You can arrange your delivery with reliable local doctors at nearby hospitals for your convenience.



### Pediatrics

Our healthcare team provides thorough care for babies, kids, and teenagers at five different places. We offer checkups, tests, vaccinations, physical exams, and take care of both short-term and long-term health issues. As teenagers grow into young adults, we keep focusing on preventing health problems and offer support for mental and oral health as well.

### Adults & Seniors

As our teenagers grow into young adults, we make sure to give them top-notch preventive healthcare. This means we focus on stopping health problems before they start. Our team of providers works together to support not only physical health but also mental and oral health. We also provide hospice and palliative care for those looking for comfort and support towards the end of life.

### Women's Health

We provide special care for women, addressing both immediate needs (like sudden health issues) and long-term conditions. Our services cover counseling on contraception, family planning, reproductive health, gynecological care and exams, screenings for breast and cervical cancer, long-term contraceptives, and follow-up exams for abnormal pap smears using colposcopy. Our aim is to help and safeguard women's health at every stage of life.



**PROVIDER TESTIMONIAL:**

*"I enjoy caring for people, listening and working with them to improve their health and well being. Working in a community health center give me an opportunity to give back to my community and connect with my patients."*

*- Elizabeth Newton, ACHS APRN*

### Behavioral Health

We offer Behavioral Health services for individuals of all ages, helping with issues such as addiction, stress, anxiety, emotional trauma, PTSD, problem-solving therapy, and managing medications. We collaborate with primary care providers, patient navigators, and the behavioral health team to provide comprehensive care. If needed, we connect individuals with external agencies for additional support and partner with local schools to make Behavioral Health services more accessible to the community.



### Chronic Disease Management

At ACHS, we specialize in managing long-term health conditions, with a strong focus on depression, diabetes, asthma, and heart disease. Our outstanding care involves regularly reviewing our patients' health information each month and continuously evaluating to improve their health outcomes. We are dedicated to providing the best care possible and ensuring the well-being of all our patients.

## Financial Services



### Sliding Scale

We think everyone should be able to get medical care, no matter their insurance or ability to pay. If you qualify, we have a flexible payment scale for services, including lab work, to make it more affordable. Some specialists also accept this payment scale. Your health is important to us, and we're working to make healthcare affordable and available to everyone.

### Prescription Drug Assistance

If you don't have insurance for prescription drugs and qualify, you can get long-term medications through the Patient Assistance Program from drug manufacturers. Our team will help you join the program that fits your needs. We partner with certain local pharmacies to offer prescriptions at a flexible cost, making sure essential medications are affordable. Your health is very important to us, and we're committed to making medications accessible and manageable for all patients.

## Marketplace Assistance

### Health Insurance Marketplace

No need to worry about figuring out the Health Insurance Marketplace! ACHS is here to assist you. Our Certified Application Counselors will help newcomers understand the choices and application process. If you already have marketplace health insurance, our counselors will aid you in comparing plans to find the one that suits your health needs and budget. For individualized help, reach out to our ACHS Certified Application Counselors at 1-603-444-2464. We are committed to helping you get the right health insurance for your needs.