



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,

A handwritten signature in black ink that reads "Bill Richardson". The signature is fluid and cursive, with a long horizontal flourish at the end.

Bill Richardson
Governor of the State of New Mexico



PRESCRIPTION ASSISTANCE

»Sounds too good to be true, but you really can get medicines prescribed by your doctor for free or with big discounts.

28

04 Get Care

Community health centers

»An ounce of prevention is worth a pound of cure. Visit a local community health center for all of your day-to-day health needs.

09 School-based health centers

»Your kids may be able to get free or low-cost health services at school!

12 Public health offices

»Offering services and information about family planning, immunizations, HIV/AIDS, nutrition, children's medical services and more.

16 Veterans' health services

»Our veterans deserve the best for their service to our country. Top-quality medical services are available through the federal and state government.

18 Native American health services

»A wide range of health services are available to members of New Mexico's Native American tribes.

22 Get Coverage

State-sponsored insurance plans

»Solutions to help families and children in need.

24 Homeless services

»Even New Mexicans with no fixed address have options for free or low-cost health care.

25 Get Help

Elder and long-term health services

»Find out about special health resources for the elderly and those who care for them.

26 Special populations

»Resources for the disabled and physically fragile New Mexicans and those who care for them.

30 Behavioral health services

»Services for children and adults with mental health needs, including help with substance abuse.

HEALTH TIPS & RESOURCES

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COMMUNITY HEALTH CENTERS

IN THE COMMUNITY, FOR THE COMMUNITY

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.*

BERNALILLO

FIRST CHOICE COMMUNITY HEALTHCARE (FCCH) - ALAMEDA CENTER
7704-A 2nd St. NW
Albuquerque, NM 87107
505-890-1458
www.fcch.com

FCCH - ALAMOSA COMMUNITY CENTER
6900 Gonzales Rd. SW
Albuquerque, NM 87121
505-873-7401
www.fcch.com

FCCH - LOS PADILLAS
2127 Los Padillas Rd. SW
Albuquerque, NM 87105
575-768-5450
www.fcch.com

FCCH - NORTH VALLEY HEALTH CENTER
1231 Candelaria Rd. NW
Albuquerque, NM 87107
505-345-3244
www.fcch.com

FCCH - SOUTH BROADWAY HEALTH CENTER
1316 Broadway Blvd. SE
Albuquerque, NM 87102
505-768-5450
www.fcch.com

FCCH - SOUTH VALLEY CENTER
2001 N. Centro Familiar Blvd. SW
Albuquerque, NM 87105
505-873-7400
www.fcch.com

FIRST NATIONS COMMUNITY HEALTHSOURCE
5608 Zuni Rd. SE
Albuquerque, NM 87108
505-262-6546
www.fnch.org

CATRON PRESBYTERIAN MEDICAL SERVICES (PMS) - QUEMADO CLINIC
8 Old Town Loop
Quemado, NM 87829
575-773-4610
<http://quasar.pmsnet.org>

PMS - CATRON COUNTY MEDICAL CENTER
1 Foster Ln.
Reserve, NM 87830
575-533-6456
<http://quasar.pmsnet.org>

CHAVES

LA CASA FAMILY HEALTH CENTER (LCFHC) - ROSWELL
1511 S. Grand Ave.
Roswell, NM 88203
575-623-3255
www.lacasahealth.com

LOS NIÑOS PEDIATRICS
200 W. Wilshire Blvd.
Ste. A
Roswell, NM 88201
505-356-6695
www.lacasahealth.com

CIBOLA PMS - WESTERN NM MEDICAL (WNMM) - GRANTS
1217 Bonita St.
Grants, NM 87020
505-287-2958
<http://quasar.pmsnet.org>

COLFAX SPRINGER CLINIC
400 Prospect Ave.
Springer, NM 87747
575-483-0282

* Health centers are listed alphabetically by town within each county.



COMMUNITY HEALTH CENTERS



COMMUNITY HEALTH CENTERS

CURRY

LA CASA DE BUENA SALUD (LCDBS) - CLOVIS
1521 W. 13th St.
Clovis, NM 88101
575-769-0888
www.lacasahealth.com

DE BACA

DEBACA FAMILY PRACTICE CLINIC
546 N. 10th St.
Fort Sumner, NM 88119
575-355-2414
www.debacaclinic.org

DOÑA ANA

LAS CLINICAS DE FAMILIA (LCDF) - ANTHONY CLINIC
855 N. Main St.
Anthony, NM 88021
575-882-5706
www.lcdfnm.org

LCDF - CHAPARRAL

510 E. Lisa Dr.
Chaparral, NM 88081
575-824-0820
www.lcdfnm.org

BEN ARCHER HEALTH CENTER (BAHC) - HATCH

255 Hwy 187
Hatch, NM 87937
575-267-3280
www.bahcnm.org

BAHC - LAS CRUCES

1600 Thorpe Rd.
Las Cruces, NM 88012
575-267-3280
www.bahcnm.org

LAS CRUCES WOMEN'S CLINIC

1180 Mall Dr. Ste. B
Las Cruces, NM 88011
575-526-1105

LCDF - EAST MESA

8600 Bataan Memorial E
Las Cruces, NM 88011
575-373-9202
www.lcdfnm.org

LCDF - LAS CRUCES

160 Mall Dr.
Las Cruces, NM 88011
575-521-7181
www.lcdfnm.org

LCDF - INTERNAL MEDICINE CENTER

2520 S. Telshor Blvd.
Las Cruces, NM 88011
575-526-1105
www.lcdfnm.org

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

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**HOBBS 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.bahcnm.org

BAHC - DEMING

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



PMS - DEMING HEALTH CENTER
205 E. Hemlock St.
Deming, NM 88030
575-546-4663
<http://quasar.pmsnet.org>

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

COMMUNITY HEALTH CENTERS

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.

PMS - OJO ENCINO CLINIC
2 Ojo Encino Chapter Rd.
Ojo Encino, NM 87013
575-731-2268
<http://quasar.pmsnet.org>

PMS - WNMM - THOREAU
15 Navarre Blvd.
Thoreau, NM 87323
505-862-7417
<http://quasar.pmsnet.org>

MORA
MORA VALLEY
COMMUNITY HEALTH
SERVICE, INC.
13 Mora Valley Clinic Rd.
Mora, NM 87732
505-387-5069
www.mvchs.org

WAGON MOUND CLINIC
604 Catron Ave.
Wagon Mound, NM 87752
505-753-7218

OTERO
BAHC - ALAMOGORDO
2150 S. US Hwy 54
Alamogordo, NM 88310
575-443-8133
www.bahcnm.org

PMS - SACRAMENTO
MOUNTAIN MEDICAL
CENTER
74 James Canyon Hwy
Cloudcroft, NM 88317
505-682-2542
<http://quasar.pmsnet.org>

PMS - TULAROSA
MEDICAL CENTER
111 Central Ave.
Tularosa, NM 88352
505-585-1250
<http://quasar.pmsnet.org>

QUAY
PMS - LOGAN FAMILY
HEALTH CENTER
600 Gallegos St.
Logan, NM 88426
505-487-5488
<http://quasar.pmsnet.org>

PMS - QUAY COUNTY
PRIMARY HLTH CLINIC
1302 E. Main St.
Tucumcari, NM 88401
505-461-2200
<http://quasar.pmsnet.org>

RIO ARRIBA
LAS CLINICAS DEL
NORTE (LCDN) - ABIQUIU
Hwy 84 Bldg. 21192
Abiquiu, NM 87510
575-581-4728
www.lcdn.org

ECFH - CHAMA CLINIC
211 N. Pine St.
Chama, NM 87520
575-756-2143
www.ecfh.org

ECFH - COYOTE CLINIC
State Road 96 #3396
Coyote, NM 87012
575-638-5487
www.ecfh.org

LCDN - EL RITO
28 On Hwy 571
El Rito, NM 87530
505-581-4728
www.lcdn.org

ECFH - EMBUDO VALLEY
2243 Hwy 68
Embudo, NM 87531
505-579-4255
www.ecfh.org

ECFH - BOND CLINIC
711 Bond St.
Española, NM 87532
505-753-9503
www.ecfh.org

ECFH - ESPAÑOLA CLINIC
620 Coronado Ave.
Española, NM 87532
505-753-7395
www.ecfh.org

LA CLINICA DEL
PUEBLO DE RIO ARRIBA
CR 324 Hwy 84 No. 14
Tierra Amarilla,
NM 87575
505-588-7252
laclinikadelpuebloderioarriba.com

ECFH - TRUCHAS CLINIC
64 County Rd. 76
Truchas, NM 87578
505-689-2461
www.ecfh.org

ROOSEVELT
LCFHC - PORTALES
1515 W. Fir St.
Portales, NM 88130
505-356-6695
www.lacasahhealth.com

SAN JUAN
PMS - FARMINGTON
COMMUNITY HEALTH
CENTER
1001 W. Broadway
Farmington, NM 87401
505-326-4383
<http://quasar.pmsnet.org>

SAN MIGUEL
ECFH - LAS VEGAS
1235 8th St.
Las Vegas, NM 87701
505-425-6788
www.ecfh.org

PECOS VALLEY
MEDICAL CENTER, INC.
Hwy 50
Pecos, NM 87552
505-757-6482
www.pecoshealth.org

ECFH - SAN MIGUEL CLINIC
275 New Mexico 3 Bldg. 2
Ribera, NM 87560
505-421-1113
www.ecfh.org

SANDOVAL
EL PUEBLO HEALTH
SERVICES
121 Calle del Presidente
Bernalillo, NM 87004
505-867-2324

COMMUNITY HEALTH CENTERS

PMS - COUNSELOR CLINIC
9837 US Hwy 550
Counselor, NM 87013
575-568-4328
<http://quasar.pmsnet.org>

PMS - CHECKERBOARD AREA HEALTH SERVICE
6349 State Hwy 550
Cuba, NM 87013
575-289-3291
<http://quasar.pmsnet.org>

PMS - TORREON CLINIC
2500 State Hwy 197
Torreon, NM 87013
575-731-2284
<http://quasar.pmsnet.org>

SANTA FE
PMS - ORTIZ MOUNTAIN HEALTH CENTER
06B Main St.
Cerrillos, NM 87010
505-471-6266
<http://quasar.pmsnet.org>

FCCH - EDGEWOOD CENTER
8 Medical Center Rd.
Edgewood, NM 87015
505-281-3406
www.fcch.com

LA FAMILIA MEDICAL CENTER (LFMC)
1035 Alto St.
Santa Fe, NM 87501
505-982-4425
www.lafamiliasf.org

LFMC - HEALTHCARE FOR THE HOMELESS
818 Camino Sierra Vista
Santa Fe, NM 87505
505-982-4599 x 1324
www.lafamiliasf.org

LFMC - SOUTHSIDE CLINIC
2145 Caja del Oro Grant Rd.
Santa Fe, NM 87507
505-348-3195
www.lafamiliasf.org

SIERRA
BAHC - TRUTH OR CONSEQUENCES
1960 N. Date St.
Truth or Consequences,
NM 87001
505-894-7662
www.bahcnm.org

SOCORRO
PMS - MAGDALENA AREA HEALTH CENTER
801 10th St.
Magdalena, NM 87825
575-854-3161
<http://quasar.pmsnet.org>

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.
7. Breast milk helps babies fight disease.
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.

PMS - SOCORRO COMMUNITY HEALTH CENTER
1300 Enterprise Rd.
Socorro, NM 87801
575-835-4444
<http://quasar.pmsnet.org>

TAOS
LCDN - OJO CALIENTE
Hwy 285 Bldg. 35282
Ojo Caliente, NM 87549
505-581-4728
www.lcdn.org

PEÑASCO MEDICAL & DDS CLINICS
15136 State Hwy 75
Peñasco, NM 87553
575-587-2809

PMS - QUESTA HEALTH CENTER
2573 State Hwy 522
Questa, NM 87556
505-586-0322
<http://quasar.pmsnet.org>

TORRANCE
PMS - ESPERANZA FAMILY MEDICAL CENTER
903C N. 5th St.
Estancia, NM 87016
505-384-2777
<http://quasar.pmsnet.org>

PMS - MOUNTAINAIR HEALTH CENTER
105 E. Pinon St.
Mountainair, NM 87036
505-847-2271
<http://quasar.pmsnet.org>

VALENCIA
FCCH - BELEN CENTER
120 S. 9th St.
Belen, NM 87002
505-861-1013
www.fcch.com

FCCH - LOS LUNAS
1259 Hwy 314 NW
Los Lunas, NM 87031
505-865-4618
www.fcch.com

SCHOOL-BASED HEALTH CENTERS



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.*

BERNALILLO
ALBUQUERQUE HIGH SCHOOL
800 Odelia Rd N.E.
Albuquerque, NM 87102
505-272-0457

EAST SAN JOSE ELEMENTARY SCHOOL
415 Thaxton Ave. S.E.
Albuquerque, NM 87102
505-272-0457

FREEDOM HIGH SCHOOL
5800 Cutler NE
Albuquerque, NM 87110
505-855-9845

GRANT MIDDLE SCHOOL
111 Easterday NE
Albuquerque, NM 87112
505-272-0457

HIGHLAND HIGH SCHOOL
4700 Coal Ave. SE
Albuquerque, NM 87108
505-272-0457

* Health centers are listed alphabetically by town within each county.

SCHOOL-BASED HEALTH CENTERS

BP & J PRE SCHOOL

1101 Lopez SW
Albuquerque, NM 87105
505-877-7060

RFK CHARTER SCHOOL

1151 Central Ave. NE
Albuquerque, NM 87106
243-1118 x 3031

RIO GRANDE HIGH SCHOOL

2300 Arenal Road SW
Albuquerque, NM 87105
505-873-2049

SCHOOL ON WHEELS

129 Hartline SW
Albuquerque, NM 87105
505-247-0489

VAN BUREN MIDDLE SCHOOL

700 Louisiana Blvd. SE
Albuquerque, NM 87108
505-272-0457

WASHINGTON MIDDLE SCHOOL

1101 Park SW
Albuquerque, NM 87102
505-272-0457

WILSON MS/NACA

1138 Cardenas Dr. SE
Albuquerque, NM 87108
505-272-0457

ROOSEVELT MIDDLE SCHOOL

11799 State Hwy 14S
Tijeras, NM 87059
505-272-0457

CATRON

QUEMADO SCHOOL
8 Old Town Loop
Quemado, NM 87829
575-773-4610

CHAVES

DEXTER MIDDLE SCHOOL
100 N. Lincoln
Dexter, NM 88230
575-734-5433 x715

HAGERMAN MIDDLE SCHOOL

406 N. Cambridge
Hagerman, NM 88232
575-626-3975

LAKE ARTHUR MIDDLE SCHOOL

700 Broadway Rd.
Lake Arthur, NM 88253
575-626-3975

**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.immunizenm.org

MESA MIDDLE SCHOOL

1601 E. Bland St.
Roswell, NM 88203
575-627-2808

ROSWELL HIGH SCHOOL

500 West Hobbs St.
Roswell, NM 88203
575-627-2816

CIBOLA

LAGUNA-ACOMA JR./SR. HIGH SCHOOL
I-40, Exit 108 South
Casa Blanca, NM 87007
505-272-6999

LAGUNA MIDDLE SCHOOL

I-40, Exit 14, Bldg. 101
Laguna, NM 87026
505-272-6999

TO'HAIJILEE

COMMUNITY SCHOOL
Exit 131, Hwy 56 North
To'Hajiilee, NM 87026
505-272-6999

COLFAX

MAXWELL SCHOOLS
4th St. & Parque Ave.
Maxwell, NM 87728
575-375-2389 or
575-375-2371 x 215

RATON HIGH SCHOOL

1535 Tiger Circle
Raton, NM 87740
575-445-3541 x 1039

DE BACA

FT. SUMNER HIGH SCHOOL
1001 Sumner Ave.
Ft. Sumner, NM 88119
575-355-4431

DOÑA ANA

GADSDEN HIGH SCHOOL
6301 Hwy 28
Anthony, NM 88021
575-882-6360

GADSDEN MIDDLE SCHOOL

1301 W. Washington
Anthony, NM 88021
575-882-6938

CHAPARRAL HIGH SCHOOL

900 County Line Dr.
Chaparral, NM 88081
575-824-6728

LAS CRUCES HIGH SCHOOL

1755 El Paseo Rd.
Las Cruces, NM 88001
575-527-9400

ONATE HIGH SCHOOL

5700 Mesa Grande Dr.
Las Cruces, NM 88011
575-527-9430 x 7970

SAN ANDRES LEARNING CENTER

505 S. Main, Ste. 249
Mesilla, NM 88046
575-527-6058

SANTA TERESA HIGH SCHOOL

100 Airport Rd.
Santa Teresa, NM 88008
575-589-5300

EDDY

CARLSBAD HIGH SCHOOL
3000 W. Church St.
Carlsbad, NM 88220
505-234-3319 x 490

GRANT

COBRE HIGH SCHOOL
1107 Tom Foy Blvd.
Bayard, NM 88023
575-537-5069

SILVER HIGH SCHOOL

3200 N. Silver St.
Silver City, NM 88061
575-313-8222

GUADALUPE

SANTA ROSA HIGH SCHOOL
717 Third St.
Santa Rosa, NM 88435
575-472-3422

HARDING

ROY HIGH SCHOOL
375 E. 6th St.
Roy, NM 87743
575-485-0019

SCHOOL-BASED HEALTH CENTERS

HIDALGO

LORDSBURG HIGH SCHOOL
501 W. 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 87327
505-782-5719

MORA

MORA HIGH SCHOOL
Hwy 518 & Ranger Dr.
Mora, NM 87732
575-387-3113

OTERO

MESCALERO APACHE SCHOOL
249 White Mtn. Dr.
Mescalero, 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 Roybal
Industrial Park Rd.
Española, NM 87532
505-753-1348

ESPAÑOLA VALLEY HIGH SCHOOL

1111 El Llano Rd.
Española, NM 87532
505-753-7357 x 239

ESCALANTE HIGH SCHOOL

State Rd. 531
Tierra Amarilla,
NM 87575
575-588-7252 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. Apache St.
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
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
505-368-5161

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
505-877-7060
505-867-2356

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
575-834-3340

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

CAPITOL HIGH SCHOOL

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

SANTA FE HIGH SCHOOL

2100 Yucca 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
505-583-2401

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

MOUNTAINAIR MIDDLE/HIGH SCHOOL
901 W. 3rd St.
Mountainair, 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.



PUBLIC HEALTH OFFICES

We can help.



BERNALILLO

ALAMOSA CENTER FOR PUBLIC HEALTH
6900 Gonzales Rd. SW,
Ste. F,
Albuquerque, NM 87121
505-833-9950

N.E. HEIGHTS OFFICE
8120 La Mirada NE
Albuquerque, NM 87109
505-332-4850

NORTH VALLEY PUBLIC HEALTH OFFICE
7704 2nd St. NW
Albuquerque, NM 87107
505-897-5700

SOUTHEAST PUBLIC HEALTH OFFICE
7525 Zuni Rd. SE
Albuquerque, NM 87108
505-841-8928

S.W. VALLEY FAMILY HEALTH COMMONS
2001 N. Centro Familiar SW
Albuquerque, NM 87105
505-873-7478

STANFORD PUBLIC HEALTH OFFICE
1111 Stanford Dr. NE
Albuquerque, NM 87106
505-841-4100

TAYLOR RANCH PUBLIC HEALTH OFFICE
6911 Taylor Ranch NW, #C11
Albuquerque, NM 87120
505-899-8574

CATRON
CATRON PUBLIC HEALTH OFFICE
1 Foster Ln.
Reserve, NM 87830
575-533-6432

CHAVES
DEXTER PUBLIC HEALTH OFFICE
206 S. Monroe Ave.
Dexter, NM 88230
575-734-5582

ROSWELL PUBLIC HEALTH OFFICE
200 E. Chisum St.
Roswell, NM 88201
575-624-6050

PUBLIC HEALTH OFFICES



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
- Severe anorexia cachexia
- Hepatitis C infection currently receiving antiviral treatment
- Crohn's disease
- Post-traumatic stress disorder
- Amyotrophic lateral sclerosis (Lou Gehrig's disease)
- Patients in hospice care may qualify

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

CIBOLA
CIBOLA PUBLIC HEALTH OFFICE
 515 W. High St.
 Grants, NM 87020
 505-285-4601

COLFAX
COLFAX COUNTY HEALTH CENTER
 226 E. 4th Avenue
 Raton, NM 87740
 575-445-3601

CURRY
CLOVIS PUBLIC HEALTH OFFICE
 1216 Cameo St.
 Clovis, NM 88101
 575-763-5583

DE BACA
FORT SUMMER PUBLIC HEALTH OFFICE
 643A N. 5th St.
 Fort Sumner, NM 88119
 575-355-2362

DOÑA ANA
ANTHONY PUBLIC HEALTH OFFICE
 865 N. Main St.
 Anthony, NM 88021
 575-882-5858

CHAPARRAL PUBLIC HEALTH OFFICE
 317 McCombs Rd.
 Chaparral, NM 88081
 575-824-4734

HATCH PUBLIC HEALTH OFFICE
 3 Chile Capital Ln.
 Hatch, NM 88119
 575-267-5213

DOÑA ANA VILLAGE PUBLIC HEALTH OFFICE
 5595 Elks Rd.
 Las Cruces, NM 88005
 575-523-7991

EAST MESA PUBLIC HEALTH OFFICE
 5220 E. Holman Rd.
 Las Cruces, NM 88012
 575-382-0540

LAS CRUCES (CENTRAL) PUBLIC HEALTH OFFICE
 1170 N. Solano Dr.
 Las Cruces, NM 88001
 575-528-5000

WEST LAS CRUCES PUBLIC HEALTH OFFICE
 1850 Copper Loop, Bldg. A
 Las Cruces, NM 88005
 575-523-7335

SUNLAND PARK PUBLIC HEALTH OFFICE
 3807 McNutt Rd.
 Sunland Park, NM 88063
 575-589-2543

EDDY
CARLSBAD HEALTH OFFICE
 1306 W. Stevens
 Carlsbad, NM 88220
 575-885-4191

ARTESIA PUBLIC HEALTH OFFICE
 1001 Memorial Dr.
 Artesia, NM 88210
 575-746-9819

GRANT
GRANT COUNTY PUBLIC HEALTH OFFICE
 2610 N. Silver St.
 Silver City, NM 88062
 575-538-5318 x 116

GUADALUPE
GUADALUPE PUBLIC HEALTH OFFICE
 722 Lake Dr.
 Santa Rosa, NM 88435
 575-472-3211

HARDING
HARDING COUNTY HEALTH OFFICE
 556 Wagon Mound Hwy
 Roy, NM 87743
 575-485-2484

HIDALGO
HIDALGO PUBLIC HEALTH OFFICE
 530 De Moss St.
 Lordsburg, NM 88045
 575-542-9391

LEA
HOBBS PUBLIC HEALTH OFFICE
 1923 N. Dal Paso St.
 Ste. B
 Hobbs, NM 88240
 575-397-2463

LOVINGTON PUBLIC HEALTH OFFICE
 302 N. Fifth St.
 Lovington, NM 88260
 575-396-2853

LINCOLN
LINCOLN PUBLIC HEALTH OFFICE
 117 Kansas City Rd.
 Ruidoso, NM 88345
 575-258-3252

PUBLIC HEALTH OFFICES

LOS ALAMOS
LOS ALAMOS PUBLIC HEALTH OFFICE
 1183 Diamond Dr. Ste. D
 Los Alamos, NM 87544
 505-662-4038

LUNA
LUNA PUBLIC HEALTH OFFICE
 215 S. Silver Ave.
 Deming, NM 80030
 575-546-2771

MCKINLEY
MCKINLEY PUBLIC HEALTH OFFICE
 1919 College Dr.
 Gallup, NM 87301
 505-722-4391

MORA
MORA PUBLIC HEALTH OFFICE
 County Courthouse
 Hwy 518
 Mora, NM 87732
 575-387-2748

OTERO
OTERO PUBLIC HEALTH OFFICE
 1207 8th St.
 Alamogordo, NM 88310
 575-437-9340

HOLLOMAN PUBLIC HEALTH OFFICE
 Family Support Center
 Bldg. 40
 Holloman Air Force Base, NM 88330
 575-572-7369

TULAROSA PUBLIC HEALTH OFFICE
 404 Fresno St.
 Tularosa, NM 88352
 575-585-3019

QUAY
TUCUMCARI HEALTH OFFICE
 402 Miel de Luna
 Tucumcari, NM 88401
 575-461-2610

RIO ARRIBA
RIO ARRIBA - SOUTH HEALTH CENTER
 30 County Rd. 8
 Española, NM 87532
 505-753-2794

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.

RIO ARRIBA - NORTH HEALTH CENTER
 US Hwy 84 & CR 324
 Tierra Amarilla, NM 87575
 575-588-7215

ROOSEVELT PORTALES PUBLIC HEALTH OFFICE
 1515 W Fir St.
 Portales, NM 88130
 575-356-4453

SAN JUAN BLOOMFIELD PUBLIC HEALTH OFFICE
 903 W Broadway
 Bloomfield, NM 87413
 505-634-0229

SAN JUAN PUBLIC HEALTH OFFICE
 355 S. Miller Ave.
 Farmington, NM 87401
 505-327-4461

SAN MIGUEL SAN MIGUEL PUBLIC HEALTH OFFICE
 18 Gallegos Rd.
 Las Vegas, NM 87701
 505-425-9368

SANDOVAL SANDOVAL COUNTY HEALTH COMMONS
 1500 Idalia, Bldg. B
 Bernalillo, NM 87004
 505-867-2291

CUBA PUBLIC HEALTH OFFICE
 6362 Hwy 550
 Cuba, NM 87013
 575-289-3718

SANTA FE SANTA FE PUBLIC HEALTH OFFICE
 605 Letrado St.
 Santa Fe, NM 87505
 505-476-2600

SIERRA SIERRA PUBLIC HEALTH OFFICE
 201 E. 4th St.
 Truth or Consequences, NM 87901
 575-894-2716

SOCORRO SOCORRO PUBLIC HEALTH OFFICE
 214 Neel Ave. NW
 Socorro, NM 87801
 575-835-0971

TAOS TAOS PUBLIC HEALTH OFFICE
 1400 Weimer Rd.
 Taos, NM 87571
 575-758-2073

TORRANCE ESTANCIA PUBLIC HEALTH OFFICE
 301 S. 8th St.
 Estancia, NM 87016
 505-384-2351

MORIARTY PUBLIC HEALTH OFFICE
 1110 Route 66
 Moriarty, NM 87035
 505-832-6782

UNION UNION PUBLIC HEALTH OFFICE
 100 Court St.
 Clayton, NM 88415
 575-374-8393

VALENCIA BELEN PUBLIC HEALTH OFFICE
 617 Becker Ave.
 Belen, NM 87002
 505-861-0835

LOS LUNAS PUBLIC HEALTH OFFICE
 1000 Main St. NW
 Bldg. 3
 Los Lunas, NM 87031
 505-841-5315


VETERANS' HEALTH SERVICES

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:

COLFAX

1275 South 2nd St.
Raton, NM 87740
575-445-2391

EDDY

1700 W. Main St.
Artesia, NM 88210
575-746-3531
Appointments:
505-256-5489 or
800-465-8262 x 5489

GRANT

1302 E. 32nd St.
Silver City, NM 88061
575-538-2921

OTERO

1410 Aspen Dr.
Alamogordo, NM 88310
575-437-7000
Appointments:
575-437-9195

RIO ARRIBA

620 Coronado St., Ste. B
Española, NM 87532
505-747-5943
Appointments:
505-753-7395

SAN JUAN

1001-C W. Broadway
Farmington, NM 87401
505-326-4383

320 State Hwy 564
Gallup, NM 87301
505-722-7234

SAN MIGUEL

1235 Eighth St.
Las Vegas, NM 87701
505-425-6788

SANTA FE

2213 Brothers Rd.,
Ste. 600
Santa Fe, NM 87505
505-986-8645

SIERRA

1960 N. Date St.
Truth or Consequences,
NM 87901
575-894-7662

NEW MEXICO STATE VETERAN SERVICE OFFICES

The NM Dept. of Veteran Services offers info and help for obtaining veterans' benefits including compensation, pension, insurance, death benefits, hospitalization and education. Call the nearest office for hours.

BERNALILLO

500 Gold Ave. SW
Albuquerque, NM 87102
505-346-3986

300 San Mateo Blvd. NE
Albuquerque, NM 87108
505-841-5575

CHAVES

500 N. Richardson
Ave. #255
Roswell, NM 88201
575-624-6086

VETERANS' HEALTH SERVICES



305 E. Fiesta Dr.
Carlsbad, NM 88220
575-885-4939

GRANT
409 W. College Ave.
Silver City, NM 88061
866-433-8387

GUADALUPE
County Clerks Office
1448 Historic Rte. 66
Ste. 1
Santa Rosa, NM 88435
575-472-3791

LEA
2120 N. Alto St.
Hobbs, NM 88240
575-397-5290

LINCOLN
Ruidoso
575-437-4635

LUNA
800 S. Granite St.
Deming, NM 88310
575-524-6220

MORA
VFW Post
Mora, NM 87732
505-454-0068

OTERO
411 10th St. # 107
Alamogordo, NM 88310
575-437-4635

Holloman Air Force Base
NM 88330
575-437-4635

QUAY
706 S. 1st St.
Tucumcari, NM 88401
505-461-1506
575-441-4604

RIO ARRIBA
319 Paseo de Oñate
Española, NM 87532
505-753-2285

ROOSEVELT
421 N. Industrial Dr.
Portales, NM 88130
575-356-8741

SAN JUAN
101 W. Animas St. # 104
Farmington, NM 87401
505-327-2861

201 W. Hill Ave., B-12
Gallup, NM 87301
505-722-9621

SAN MIGUEL
720 Maximiliano Dr.
Las Vegas, NM 87701
505-454-0068

SANDOVAL
3200 Civic Center Circle
Rio Rancho, NM 87144
505-892-2408

SANTAFE
407 Galisteo St.
Los Alamos, NM 87501
505-827-6300

301 West De Vargas St.
Santa Fe, NM 87503
505-827-7427

6601 Valentine Way
Santa Fe, NM 87507
505-424-0253

SIERRA
992 S. Broadway St.
Truth or Consequences
NM 87901
575-524-6214

TAOS
120 Civic Plaza
Taos, NM 87571
575-758-9624

UNION
104 1st St.
Clayton, NM 88415
575-445-8282

VALENCIA
1000 Main St., #4
Los Lunas, NM 87031
505-841-5346

VETERAN TRANSPORTATION SERVICE

Free transportation is available to the VA Medical Center in Albuquerque or to VA clinics around the state. Call the Disabled American Veterans (DAV) transportation office well in advance at 505-256-2821. Veterans in southeastern New Mexico can also call 575-622-0729.

VETERAN AND FAMILY SUPPORT SERVICES (VFSS)

877-929-9797

www.nmvets.com

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
800-273-8255

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.

TELEPHONE 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.

COLFAX

Vietnam Veterans
Memorial Park
34 Country Club Dr.
Angel Fire, NM 87710
575-377-6900

200 N. 3rd St.
Raton, NM 87740
575-445-8282

CURRY

904 W. 6th St.
Clovis, NM 88101
575-762-6185

DOÑA ANA

141 4th St.
Anthony, NM 88021
575-524-6124

2024 E. Griggs Ave.
Las Cruces, NM 88001
575-524-6220

EDDY

402 W. Hermosa Dr.
Artesia, NM 88210
575-885-4939

NATIVE AMERICAN HEALTH SERVICES



SERVICES FOR NATIVE AMERICAN TRIBAL MEMBERS

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.

ALBUQUERQUE

**FIRST NATIONS
COMMUNITY
HEALTHSOURCE**
5608 Zumi Rd. SE
Albuquerque, NM 87108
505-262-2481
www.fnch.org

ALBUQUERQUE INDIAN HOSPITAL

801 Vassar Dr. NE
Albuquerque, NM 87106
505-248-4000

BERNALILLO

**FIVE SANDOVAL
INDIAN PUEBLOS**
1043 Hwy 313
Bernalillo, NM 87004
505-867-3351

SANDIA HEALTH CENTER

481 Sandia Loop
Bernalillo, NM 87004
505-867-4487

NATIVE AMERICAN HEALTH SERVICES



SANTA ANA HEALTH CLINIC
02C Dove Rd.
Bernalillo, NM 87004
505-867-2497

**BLOOMFIELD
DZILTH-NA-O-DITH-HLE
HEALTH CENTER**
6 Road 7586
Bloomfield, NM 87413
505-632-1801

**CANONCITO
HEALTH CENTER**
I-40 Exit 131, 6 mi. north
Cañoncito, NM 87026
505-908-2307
Behavioral Health:
505-908-2571
Teen Center:
505-831-3377

The latest trend in smoking... QUITTING

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

- Services in English and Spanish from 6 a.m. to 10 p.m., 7 days a week
- Free quit plan
- Unlimited telephone sessions with a trained cessation coach

- 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



**COCHITI
COCHITI HEALTH CENTER**
255 Cochiti St.
Cochiti, NM 87072
505-465-2500

**CROWNPOINT
CROWNPOINT PHS
INDIAN HOSPITAL**
Navajo Rte. 9
at Hwy 371
Crownpoint, NM 87313
505-786-6325

**CROWNPOINT
TREATMENT CENTER**
SW Highland Dr.
Crownpoint, NM
87313
505-786-2111



NATIVE AMERICAN HEALTH SERVICES

**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!



CUBA
**OJO ENCINO
TREATMENT CENTER**
Off Highway 197, 30
Miles NW of Cuba
Cuba, NM 87013
505-731-1505

DULCE
JICARILLA SERVICE UNIT
12000 Stone Lake Rd.
Dulce, NM 87528
575-759-3291

ESPAÑOLA
**SANTA CLARA
HEALTH CENTER**
State Rd. 30
Los Alamos Hwy
Española, NM 87532
505-753-9421

GALLUP
**GALLUP INDIAN
MEDICAL CENTER**
516 Nizhoni Blvd.
Gallup, NM 87301
505-722-1326

NA NIZHOOZHI CENTER
2205 Boyd Ave.
Gallup, NM 87301
505-722-2177

**GALLUP
TREATMENT CENTER**
196 E. Historic Hwy 66
Gallup, NM 87301
505-722-9470

JEMEZ
**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
575-854-2626

MESCALERO
**MESCALERO
INDIAN HOSPITAL**
318 Abalone Loop
Mescalero, NM 88340
575-671-4441

PINE HILL
PINE HILL HEALTH CENTER
BLA 125, Milepost 12.5
Pine Hill, NM 87357
505-775-3240
Behavioral Health:
505-775-3353

SAN FELIPE
**SAN FELIPE MENTAL
HEALTH SERVICES**
711 Main Pueblo Rd.
San Felipe Pueblo,
NM 87001
505-867-9616

**SAN FELIPE
HEALTH CLINIC**
4 Cedar St.
San Felipe, NM 87001
505-867-2739

SAN FIDEL
**ACOMA-CANONCITO-
LAGUNA HOSPITAL**
I-40 West, Exit 102 at
Acomita turnoff
San Fidel, NM 87049
505-552-5300
Dental Clinic:
505-552-5310

SANTA FE
SANTA FE INDIAN HOSPITAL
1700 Cerrillos Rd.
Santa Fe, NM 87505
505-988-9821

SANTO DOMINGO
**SANTO DOMINGO
HEALTH CLINIC**
85 W. Hwy 22
Santo Domingo Pueblo,
NM 87052
505-465-3060

SHIPROCK
**NORTHERN NAVAJO
MEDICAL CENTER**
Hwy 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 Choosgai Dr.
Tohatchi, NM 87325
505-722-8100
Dental clinic:
505-733-8440

TOHATCHI DBHS
OUTPATIENT CENTER
Manuelito Dr., Bldg. 13
Tohatchi, NM 87325
505-733-2825

ZIA HEALTH CENTER
155B Capital Square
Zia, NM 87053
505-867-5258

ZUNI
**ZUNI COMPREHENSIVE
COMM HEALTH CENTER**
Rte. 301 N, off Hwy 53
Zuni, NM 87327
505-782-4431

SUN SAFETY



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.

STATE-SPONSORED INSURANCE PLANS



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/).

STATE-SPONSORED INSURANCE PLANS



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.insurenwnewmexico.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.nmhia.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).

HOMELESS SERVICES

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.

FARMINGTON

FARMINGTON COMMUNITY HEALTH CENTER

1001 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.

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.

- General and specialized medical care
- Durable equipment
- Nutritional support
- Referrals
- Eye care, exams and glasses
- Prescriptions

- Diabetes support
 - Emotional support
- Open Mon. and Wed. 9:30 a.m.-2 p.m., Thur. 6 p.m.-8 p.m.

SANTA FE

LA FAMILIA MEDICAL CENTER

818 Camino Sierra Vista
Santa Fe, NM 87505
505-988-1742
<http://lafamiliasf.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.

ELDER AND LONG-TERM CARE



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:
 Dept. of Health & Human Services Office for Civil Rights
 800-368-1019 or 214-767-4056

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

MEDICARE 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

SPECIAL POPULATIONS



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.

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



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

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.

PRESCRIPTION ASSISTANCE

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.nmrhca.state.nm.us/dpdp/ to learn more, or leave a message at 866-244-0882.



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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.

IF YOU REQUIRE MEDICINES MADE BY A PARTICULAR PHARMACEUTICAL COMPANY, HERE ARE SOME ADDITIONAL RESOURCES:

ABBOTT PATIENT ASSISTANCE PROGRAM
800-222-6885

www.helpingpatients.org

ASTRAZENECA PATIENT ASSISTANCE PROGRAM

AZ & ME
800-424-3727

www.azandme.com

BRISTOL-MYERS SQUIBB PATIENT ASSISTANCE FOUNDATION

800-736-0003

www.bmspf.org

GLAXOSMITHKLINE BRIDGES TO ACCESS

866-728-4368

www.BridgesToAccess.com

JANSSEN ACCESS2WELLNESS

(sponsored by Johnson & Johnson Health Care Systems Inc.)
800-652-6227

www.access2wellness.com

KING PHARMACEUTICALS INC. PATIENT ASSISTANCE PROGRAM

866-734-7366

www.kingpharm.com/kingpharm/

NOVARTIS PATIENT ASSISTANCE PROGRAM

800-277-2254

www.pharma.us.novartis.com/novartis/pap/pap.jsp

PFIZER HELPFUL ANSWERS®

866-706-2400

www.PfizerHelpfulAnswers.com



BEHAVIORAL HEALTH SERVICES



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

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

DOÑA 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

BEHAVIORAL HEALTH SERVICES



LUNA

Border Area
Mental Health:
800-426-0997

MCKINLEY

PMS Western:
888-920-6333

OTERO

The Counseling
Center:
575-437-7404

QUAY

Mental Health
Resources:
800-432-2159

RIO ARRIBA

Ayudantes:
505-753-6483

ROOSEVELT

Mental Health
Resources:
800-432-2159

SAN JUAN

Main Crisis Line:
505-325-1906

SAN MIGUEL

New Mexico
Behavioral Health
Institute:
505-425-1048

SANDOVAL

Cochiti PHS Hlth. Ctr.:
800-432-2159
La Buena Vida:
505-269-7536
PMS Rio Rancho:
800-649-0181

SANTA FE

PMS: 505-820-6333
Crisis Response of
Santa Fe:
888-920-6333
Santa Fe Recovery:
505-471-4475

SIERRA

Sierra Vista Hospital:
575-894-2111

SOCORRO

Socorro Mental
Health:
575-835-2444

TAOS

Tri-County Services:
575-758-1125

TORRANCE

Valencia Counseling:
505-865-3359

UNION

Tri-County Services:
575-758-1125

VALENCIA

Valencia Counseling:
505-865-3359

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

Crisis Response Hotline: 888-920-6333

820-6333 in Santa Fe

Hours: 24 hours, 7 days a week

National Suicide Prevention Lifeline:

800-273-8255 (800-273-TALK)

Hours: 24 hours, 7 days a week

BEATING DIABETES

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.