



# SPECTRUM HEALTH CARE

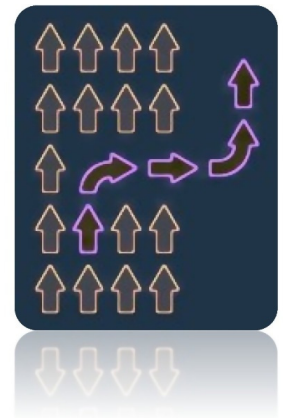
*Where Better Health and Compassionate Care Meet*

July 31, 2020 – Columbia, Missouri

## COVID-19 and Agency Updates

Dear Patients, Supporters, and Friends,

I think we can all agree that the first half of 2020 has presented some unique and challenging tests to our ability to adapt. As of today, Spectrum Health Care can honestly say that our vision of future services is starting to take a solid form. Our future is a combination of in-person medical and behavioral health services; with the addition of a new line of telehealth services that will significantly expand our capacity to provide health care for a much larger and more diverse population. Of course, we will continue be your premier resource for HIV/STI testing, education and counseling. As the COVID-19 crisis is suppressed, we will then be able to address walk-in appointments and provide a new testing schedule.



### COVID-19 WORK PLAN & SERVICE ACCESS

Spectrum Health Care continues the following process of how we interact with our clients and patients — effective May 28, 2020:

- 1) All WALK-IN Clinic and Prevention services (Suite 100) continue to be unavailable. Appointments are required to enter our building.
- 2) All patients with a scheduled appointment for Clinic or Prevention services will be required to wear a face mask while in the building. Limited supply of face masks is available for patients while at our offices. Appointments available by calling **573-514-7312**.
- 3) Only patients are allowed in the building. Companions are asked to wait outside or in their cars. Exceptions: One parent or guardian with their minor child is allowed, but will also have to comply with safety measures in place. One support person is allowed if patient requires assistance for mobility, communication, etc.
- 4) The administrative offices (Suite 250) continue to be closed to the public. Appointments available by calling **573-875-8687**.



These policies are ever changing and we will update as the situation changes. As always, at Spectrum our concern is the same as yours – BETTER HEALTH!

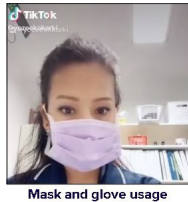


#WearAMask #SocialDistancing #StaySafe #SpectrumHealthIsBetterHealth

*Your Health In Full Spectrum*

This graphic (select image for larger view) shows our current work plan and service access information for patients and clients of Spectrum Health Care. NOTE: The most current mandates and recommendations by our Federal, State and Local officials may be found in the following links: [Center for Disease Control](#) • [Missouri Department of Health and Senior Services](#) • [Columbia Boone County Public Health & Human Services](#). If you have the designated symptoms of fever and cough, call your doctor to confirm the best course of action. Only go to the emergency room if you have the symptoms that meet the COVID-19 criteria as outlined by the Centers for Disease Control ([CDC](#)).

For more "how to" on mask usage and other information about staying safe:



As we have been committed to meeting the needs of our patients during this pandemic, we have been fortunate to have a team that is “forward-thinking”. While we navigate through these difficult and trying times, we have found more ways to better serve our clients and patients. The following two programs are a result of our ongoing and extensive research, planning and now in the process of implementing.

The first of two newest program offerings from us is "Integrated Behavioral Health Care". This program help patients achieve the desired health goal. Whether it is weight loss, smoking cessation, or decreased anxiety, one of your IBHC coaches will help establish realistic goals, provide guidance and resources to help make it all happen. This person is your official SHC cheerleader! We want you to succeed in all you do, and you need to know there is always someone in your corner.



## WAVELENGTH HEALTH PLAN

The second program offering is our Subscription or Concierge Medical program. "Wavelength Medical" is your affordable option to connect to a health care provider. Wavelength is all about more people having access to affordable care that is patient driven. This monthly subscription allows you access to our medical team and our negotiated rates for other medical services (this alone can provide substantial savings). Enrollment will begin August 17th (follow our social media platforms to get in on early bird deals).

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At Spectrum Health Care, we provide an array of health-related services, accept most insurances including Medicare and Medicaid, and offer a sliding-scale for those uninsured, under-insured, or unemployed. To the right the graphic shows our most common health services (select image for larger view). Our clinic offers primary care with referrals to other services as needed, including diagnostics, imagining, dental, vision, orthopedic and psychiatric care.

### KEY SERVICES PROVIDED:

- ✓ Primary Care, specialty in HIV, treatment and referrals
- ✓ Community Health Worker Program (Access for All)
- ✓ Chronic Disease Self-Management Program (Positive Living)
  - ✓ The Right Time Contraception Program
- ✓ HIV Housing Programs ✓ HIV Supportive Services
- ✓ Wavelength Subscription Medical (Concierge Medical)
- ✓ Telehealth ✓ Integrated Behavioral Health Services
- ✓ Digital Education platforms for HIV/STD Education
  - ✓ STD Testing Services ✓ PrEP Clinic
- ✓ Employer Drug Screening ✓ Employer TB Screening Site

We want to be the calm in this storm. We want you to know that we are all in this together and we will come out on the other side. We are here and ready to serve, problem solve, and make all of us healthier.

Best Health, Stay Safe,



Cale Mitchell, Executive Director

#SocialDistancing #WearAMask #WashYourHands  
#SpectrumHealthIsBetterHealth #WeAreHereForYou

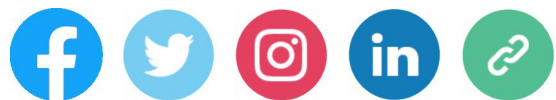
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