**ADDITIONAL COMMUNITY HEALTH CARE SERVICES**

**Pharmacy Services**
Community Health Care pharmacists continually work to find the best and most affordable medications available to meet your needs. You may qualify for programs that reduce the cost of your prescriptions.

**Family Dental Care**
Our dentists have completed Access to Baby and Child Dentistry (ABCD) training and are certified to care for young children, expectant mothers as well as all adults.

**Family Medical Care**
Family medicine for children, adults and seniors to help with chronic disease management and prevention.

**Language Interpretation Services**
Community Health Care provides services in English, Russian and Spanish. We also have interpreter services available in many other languages. If your preferred language is not spoken by our staff we will arrange for an interpreter.

**Care for Children**
Pediatricians to care for children from birth to 18 years of age are on staff at the Lakewood, Eastside and Hilltop medical offices.

**Care for Seniors**
Internal Medicine physicians are on staff and Medicare is accepted at all Community Health Care medical offices.

**Women’s Health & Maternity**
Many of our physicians are Family Practice who also provide maternity care. For women’s health care and maternity needs the staff includes OB/GYN physicians. FREE PREGNANCY TESTS at all family medical clinics and NO APPOINTMENT IS NEEDED!

**Insurance Enrollment**
Community Health Care staff can answer your questions about the Affordable Care Act and help you find an insurance plan that fits your family’s needs. Call (253) 722-2154 to schedule an appointment.

---

**CLINIC LOCATIONS**

**EASTSIDE FAMILY MEDICAL CLINIC**
Kimi & George Tanbara, MD Health Center
Family Medicine, Pediatrics, OB/GYN, Internal Medicine
1708 East 44th St, Tacoma, WA 98404
(253) 471-4553, Pharmacy (253) 284-2226

**LAKWOOD FAMILY MEDICAL CLINIC**
Family Medicine, Pediatrics, OB/GYN, Internal Medicine
10510 Gravelly Lake Dr., Lakewood, WA 98499
(253) 589-7030, Pharmacy (253) 589-7190

**PARKLAND FAMILY MEDICAL CLINIC**
Family Medicine, Obstetrics, Maternity Care
11225 Pacific Avenue, Tacoma, WA 98444
(253) 536-2020, Pharmacy (253) 536-6257

**HILLTOP FAMILY MEDICAL CLINIC**
Hilltop Regional Health Center
Family Medical, Pediatrics, OB/GYN, Internal Medicine
1202 Martin Luther King Jr. Way, Tacoma, WA 98405
(253) 441-4742, Pharmacy (253) 441-4779
URGENT CARE (253) 442-8690

**SPANAWAY FAMILY MEDICAL CLINIC**
Family Medicine, Obstetrics, Maternity Care
134 188th Street South, Tacoma, WA 98387
(253) 847-2304, Pharmacy (253) 847-8752

**MILGARD FAMILY DENTAL**
Kimi & George Tanbara, MD Health Center
1708 East 44th St, Tacoma, WA 98404
(253) 572-7002

**LAKWOOD FAMILY DENTAL**
10510 Gravelly Lake Dr., Lakewood, WA 98499
(253) 589-7188

**HILLTOP FAMILY DENTAL**
Hilltop Regional Health Center
1202 Martin Luther King Jr. Way, Tacoma, WA 98405
(253) 441-4743

**WOMEN’S HEALTH CLINIC**
Obstetrics & Gynecology
Kimi & George Tanbara, MD Health Center
1708 East 44th St, Tacoma, WA 98404
(253) 597-4163

---

**Community Health Care BEHAVIORAL HEALTH SERVICES**

Feeling down?
Want to make a positive change in your life?

Worried about things?

We can help!

Talk to your Primary Care Clinician or the Front Desk Staff today!
What is a Behavioral Health Consultant?
A Behavioral Health Consultant offers assistance when habits, behaviors, stress, worry, or emotional concerns about physical or other life problems interfere with your daily life. Patients of any age and with any problem involving changes to behavior can be helped by the Behavioral Health Consultant. As a part of your primary care team, the Behavioral Health Consultant tries to offer brief visits on the same day of your medical visit. The goal of the Behavioral Health Consultant is to help you with your medical, mental health and substance use problems.

What Kind of Health Concerns Would I Visit A Behavioral Health Consultant For?
The Behavioral Health Consultant can help you develop skills to cope with these common problems:
Anger, Anxiety, Grief and Loss, Depression, High Life Stress, Headaches, Sleep, High Blood Pressure, Asthma, Diabetes, Persistent Pain, Tobacco Use, Healthy Weight Plans, Alcohol Misuse and How to Start Healthy Lifestyle Behavior.

How Do I schedule an Appointment with the Behavioral Health Consultant?
Let your Primary Care Clinician know that you want to see a Behavioral Health Consultant. You may be able to see a Behavioral Health Consultant on the same day of your medical visit. If not, your primary care provider will ask you to go to the front desk and schedule an appointment.

What Should I Expect When I See the Behavioral Health Consultant?
Visits are short – 15-25 minutes. The Behavioral Health Consultant will try to get a brief snapshot of your life and then focus on the problem that is concerning you and your Primary Care Clinician. Together, you will come up with a plan to improve your life. Many times, patients only see the Behavioral Health Consultant once since a new skill or new perspective can lead to positive changes over time. Other times, patients will return to learn more. The Behavioral Health Consultant also provides workshops, classes and group medical services.

How is This Service Different from Mental Health Services?
The Behavioral Health Consultant is not a therapist; the Behavioral Health Consultant is more like a coach. Being a member of the primary care team, the Behavioral Health Consultant writes chart notes in your primary care record. The goal of Behavioral Health Consultant services is to add to the health improvement plan you made with your Primary Care Clinician. The primary care team will support you in doing this plan over time. If you want specialty mental health services, the Behavioral Health Consultant can help you locate resources for this. Like all clinicians, Behavioral Health Consultants report information regarding abuse and risk of harm to self or others.