

ABOUT US

Eastmont Wellness, located in Oakland, California, is a member of the Alameda Health System network of community-based wellness centers providing primary care and medical specialties. Eastmont Wellness provides local residents access to primary and specialty care by world-class physicians, specialists and other caregivers. Eastmont Wellness also provides patients preventive care and referrals for specialized care throughout the Alameda Health System network and in other community-based clinics.

SERVICES

Eastmont Wellness provides orthopedic care, dermatology, ophthalmology services and other specialized care. Its 16 examination rooms include a multi-use clinic and orthopedic cast room. Eastmont also provides pediatric and adult dentistry. Other offerings include adult primary care, pediatrics, medical counseling, immunizations, lab work, radiology, digital retinal screening, tuberculosis (TB) screening, podiatry and nutrition services.

Eastmont Wellness offers women's health services, including gynecology, mammography and family planning. Obstetric and prenatal care includes laboratory tests, health evaluations, physical exams and nutritional guidance with caregiver teams made up of a midwife, doctor, social worker, nutritionist and health educator. Prenatal classes and "centering" services (such as learning care skills and mother support networks) are available in group and individual care settings.

An integrative medicine program offers a holistic approach to mind, body and spirit with such services as nutrition and mindfulness practice.

Through Alameda Health System, free interpreter services are available in 28 languages. All exam rooms include innovative tele-language video monitor technology that expands access to 150 languages.

NEIGHBORHOOD HEALTH HOME

Eastmont Wellness is a medical home for patients with a full range of services. Benefits for patients include:

- **Access** – Patients have easy and timely access to the physician and care team.
- **Care** – Comprehensive services are provided for specific patient health needs.
- **Collaboration** – Ongoing and timely communication is provided for patients and their families.
- **Engagement** – Patients receive accurate communication about patient health and assistance with setting goals for healthy living.
- **Experience** – A professional staff utilizes extensive resources and provides culturally and linguistically appropriate services.
- **Teamwork** – The care team includes health educators, optometrists, podiatrists, clinical pharmacists, nutritionists, dentists and mental health counselors.
- **Technology** – The latest health information technology is used for record keeping, guidance on recommendations and coordination of care.



Eastmont Wellness

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