

ABOUT US

Highland 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. Located on the campus of Highland Hospital, Highland Wellness gives local residents access to primary and specialized care by world-class physicians, specialists and other caregivers. Highland Wellness also provides patients preventive care and referrals for specialized care throughout the Alameda Health System network and in other community-based clinics.

SERVICES

Highland Wellness provides a full range of medical services and referral options. Offerings include adult primary care, same day, seniors, and women's clinic, pediatrics, depression, ADD, and autism evaluation and treatment, medical counseling, immunizations, and nutrition and weight management services.

Highland Wellness also offers women's health services, including gynecology, mammograms and family planning. Obstetric and prenatal care includes lab tests, health evaluations, physical exams, nutritional guidance and breast-feeding support services, 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) in group and individual care settings are also available.

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

Highland Wellness is a medical home for patients with a full range of services. The 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.



Highland Wellness

1411 E. 31st St.

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Appointments: (510) 437-8500