



A Total Life Concept For Healthcare, Fitness, Nutrition, and Behavioral Health

SCOPE OF SERVICES AVAILABLE:

Mountain View Family Healthcare offers a wide range of adult and pediatric primary care services including but not limited to:

- Preventive and wellness care for adults, teens, children and infants
- Health risk assessment
- Well checks for infants and children
- School, sports and work place physicals
- Acute care for illness and injury
- Management of sprains, lacerations and broken bones
- Chronic disease management (including common conditions such as diabetes, hypertension, COPD, congestive heart failure, asthma, thyroid disease and osteoporosis)
- Allergy treatment
- Women's health care including reproductive health, breast care and hormone replacement therapy
- Dermatology
- Mental health including screening and treatment for depression, anxiety and other mood disorders
- Sleep hygiene assessments and support
- Stress management
- Weight management
- Procedures including treatment of dermatologic issues, trigger point injections
- Extensive health coaching including collaboration with our on-site nutritionist, fitness specialist and mental health provider

Care is provided with a commitment to evidence-based practices using appropriate clinical guidelines while maintaining a patient-centered focus throughout.