

Welcome to
Saint Alphonsus

.....
Your Family's Guide
to Better Health.



Saint Alphonsus

A Member of Trinity Health

SaintAlphonsus.org

Your Guide for seeking medical Care

Knowing where to find the right care can be tricky, especially if symptoms seem severe and need to be addressed quickly. Here is a guide with a sampling of symptoms to help you make an informed decision when seeking care.

For care you need now...

Emergency

If you are experiencing an emergency, call **9-1-1**.

- Chest pain
- Difficulty breathing
- Head trauma
- Loss of consciousness
- Severe bleeding or pain
- Severe or persistent vomiting or diarrhea
- Sudden change in vision
- Sudden dizziness or weakness
- Sudden numbness or weakness in arm or leg
- Suicidal thoughts

SaintAlphonsus.org/ER-Locations

See next page for emergency and urgent care locations.

Urgent Care

Walk-in treatment for minor to moderate conditions.

- Back pain
- Bronchitis
- Cold sores
- Colds & flu
- Cuts & lacerations
- Headaches
- Insect bites
- Mild allergic reactions
- Minor burns
- Nausea & vomiting
- Pink eye
- Sinus infection
- Skin infection
- Sunburn
- Urinary tract infection

SaintAlphonsus.org/Urgent

See next page for locations.

Orthopedic Urgent Care

Walk-in treatment for sports and activity related injuries.

- Ankle injuries
- Broken bones & fractures
- Concussion & spine injuries
- Dislocations
- Elbow injuries
- Foot injuries
- Hand injuries
- Hip injuries
- Knee injuries
- Sports injuries
- Sprains & strains
- Wrist injuries

SaintAlphonsus.org/UrgentOrtho

See next page for location.

Online Urgent Care

A secure video visit with a Saint Alphonsus provider.

- Allergies
- Cold sores
- Conjunctivitis & pink eye
- Hand, foot & mouth disease
- Impetigo
- Lice
- Measles screening
- Poison ivy
- Ringworm
- Scabies
- Shingles
- Sinus infection
- Sunburn
- Upper respiratory infection
- Urinary tract infection

MyeVisit.org

...and care you need for the future.

Primary & Specialty Care

Establishing a relationship with a healthcare provider helps you prevent and detect health concerns before they become serious, as well as manage existing conditions. From pediatrics to family and internal medicine, or care from a specialist, it's important to find a provider that's right for you, so you can live a longer, healthier life.

For help finding a Treasure Valley healthcare provider, **call (208) 367-DOCS**.



Emergency

BAKER CITY

3325 Pocahontas Road

BOISE

1055 N. Curtis Road

EAGLE

323 E. Riverside Drive

NAMPA

1512 12th Avenue Road

NAMPA

4300 E. Flamingo Avenue

ONTARIO

352 SE 9th Street

Available 24/7. If you're experiencing an emergency, call **9-1-1**.

SaintAlphonsus.org/ER-Locations

See previous page for emergency and urgent care symptoms.

Walk-in Urgent Care

BOISE

(208) 302-5050

2141 E. Parkcenter Boulevard

BOISE – includes orthopedic urgent care

(208) 302-5150

6051 W. Emerald Street

BOISE

(208) 302-5950

10583 W. Lake Hazel Road

CALDWELL

(208) 302-7150

315 E. Elm Street

EAGLE

(208) 302-6250

3217 Bavaria Street

SaintAlphonsus.org/Urgent

Check online for extended hours.

FRUITLAND

(208) 452-8050

910 NW 16th Street

KUNA

(208) 302-6500

757 E. Wythe Creek Court

MERIDIAN

(208) 302-6450

3025 W. Cherry Lane

NAMPA

(208) 302-7050

1150 N. Sister Catherine Way

NAMPA

(208) 302-6650

11035 W. Karcher Road

STAR

(208) 302-6350

10717 W. State Street

You're proactive and determined. You set goals and measure success. And when it comes to your health, you take ownership. Routine screenings and early detection are important to you.

That's why our Saint Alphonsus doctors partner with you to help you make informed decisions that keep you healthy and active, and on course to achieving your goals. So you can raise the bar and set new ones.

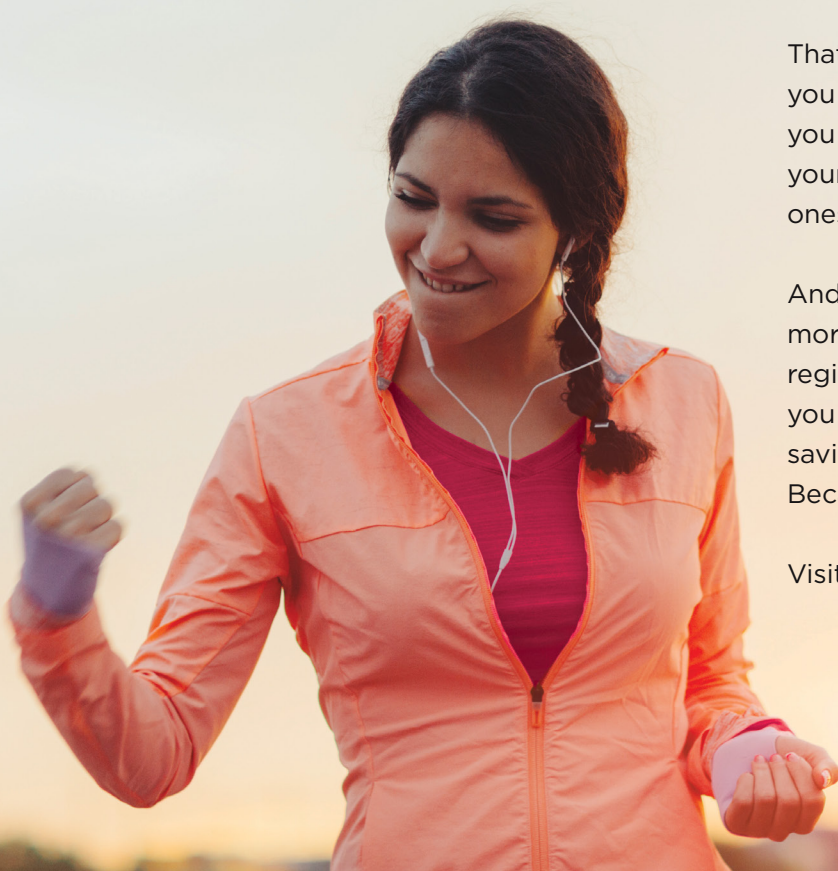
And when you need care quickly, we're close by with more locations and extended hours – backed by the region's most advanced Level II Trauma Center. So you can feel confident knowing that critical, life-saving services are available should you need them. Because at Saint Alphonsus, **our calling is you.**

Visit SaintAlphonsus.org to learn more.



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Types of Providers

Saint Alphonus providers are committed to delivering compassionate care that is tailored to your individual needs.

Family Medicine

Family medicine provides comprehensive care for people of all ages including geriatric, pediatric, and gynecologic care. Establishing a life-long relationship with a family medicine provider offers continuity of care and support for the entire family. They help you stay healthy through preventive and routine screenings, as well as diagnose health concerns early for better outcomes.

Internal Medicine

Internal medicine providers are specially trained to diagnose and treat chronic and complex medical conditions, often caring for patients 18 years and older with more than one disease.

Pediatrics

Pediatricians care for infants, children, and adolescents, providing compassionate care in partnership with parents to help children grow up healthy. From well-child visits and immunizations to diagnosing and treating illnesses, pediatricians play an important role in the growth and development of the early and very important years of a child's life.

Advanced Practice Provider (APP)

Advanced practice providers (APPs), including nurse practitioners (NPs) and physician assistants (PAs), are certified to care for a variety of medical needs ranging from general care to highly technical procedures. They often work closely with physicians and other providers in a collaborative team-based approach to ensure you receive the best care possible.

Medical Doctor (MD) & Doctor of Osteopathy (DO)

A Medical Doctor (MD) is a licensed physician who practices medicine focused on the diagnosis and treatment of human diseases, providing recommendations based on scientifically-proven conclusions. A Doctor of Osteopathy (DO) has additional training in Osteopathic Manipulative Treatment, a set of hands-on techniques to help diagnose and treat illness and injury.

Specialist

Specialists are doctors who have completed advanced education and clinical training in a specific area of medicine.

Obstetrics and Gynecology (OB-GYN)

Obstetrics and gynecology (OB-GYN) is the medical specialty that deals with pregnancy, childbirth, the postpartum period (obstetrics), and the health of the female reproductive systems. From routine exams to labor and delivery, OB-GYNs focus on women's health from late adolescence through adulthood.

Midwife

A midwife is a trained health professional specializing in pregnancy and women's reproductive health. From prenatal care to delivery and postpartum, midwives are essential in helping women achieve the best pregnancy experience possible.

For help finding a provider in the Treasure Valley, call (208) 367-DOCS.

Maintaining Good Health

Playing a proactive role in your healthcare is an important part of preventive medicine. Getting routine medical evaluations throughout your adult life helps to identify health concerns early on before they become serious, so you can treat them sooner for better outcomes. Here's a general timetable to help guide you.

Please note, this does not take into consideration any existing symptoms, chronic conditions, or family history.

Test Type	Ages 18-34	Ages 35-49	Ages 50+
Wellness Visit	Annually	Annually	Annually
Blood Pressure	As part of a general wellness visit	As part of a general wellness visit	As part of a general wellness visit
Cholesterol	As part of a general wellness visit	As part of a general wellness visit	As part of a general wellness visit
Breast Exam	Every 3 years or as your primary care provider recommends	Every 3 years or as your primary care provider recommends	Every 3 years or as your primary care provider recommends
Mammogram	As your primary care provider recommends	As your primary care provider recommends	As your primary care provider recommends
Colon Cancer Screening	As your primary care provider recommends	As your primary care provider recommends	As your primary care provider recommends
Eye Exam & Glaucoma Test	Visual test as part of a general wellness visit	Every 2-4 years	Every 1-2 years over age 65
Dental Care	Once a year or more often as needed	Once a year or more often as needed	Once a year or more often as needed
Skin Cancer Check-Ups	Every 1-3 years	Annually	Annually
Bone Density Scan	Usually not required	As your primary care provider recommends	As your primary care provider recommends
Cervical Cancer Screening	Every 3 years or as your primary care provider recommends	Every 3 years or as your primary care provider recommends	Every 3 years or as your primary care provider recommends
Prostate Cancer Screening	Usually not required	As your primary care provider recommends	As your primary care provider recommends



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Nutrition

Following a healthy diet can lower your risk of conditions like diabetes, heart disease, hypertension, stroke, and cancer. Here are some general tips to help guide you, according to the Academy of Nutrition and Dietetics.

- Eat at least 5 servings of fruits and vegetables every day
- Eat more legumes (like beans and lentils) and more whole grains
- Try meatless alternatives like eggs, beans, peas, soy-based foods, and nuts for protein
- Keep your salt intake to a minimum (less than 2,300 milligrams per day)
- Limit your daily sugar intake
- It is better to eat unsaturated fats than saturated fats and avoid trans fats as much as possible

EAT THIS	NOT THAT	
GRAINS	whole wheat, barley, rye, buckwheat, corn, teff, quinoa, millet, amaranth, brown and wild rice, sorghum, oats	sweetened, low-fiber cereals, crackers, chips, biscuits, frozen waffles, doughnuts, pastries, pancakes, cakes, cookies
PROTEINS	lean trimmed meats (beef, pork, lamb) skinless chicken or turkey, salmon, eggs, nuts, almond butter, tofu, tempeh, legumes (dried beans, lentils, and peas)	Fatty red meats (beef, pork, lamb), ribs, bacon, sausage, ham, chicken or turkey with skin, fried meats, pastrami, bologna, salami, fried eggs, salted legumes, nuts, or seeds
DAIRY	low-fat or fat-free milk, yogurt low in added sugars, cottage cheese, fortified soy milk	Whole milk, cream, cheeses made from whole milk, sour cream, ice cream from whole milk
VEGETABLES	fresh whole vegetables including dark-green, red, and orange vegetables, legumes	Canned or frozen vegetables with salt, fried vegetables, sauces with high salt or sugar
FRUIT	fresh whole unsweetened fruits and fruit juice without added sugar	fruits packed in syrup or made with added sugar
OILS	Unsaturated vegetable oils (olive, peanut, and canola oils)	Solid margarine made with hydrogenated oils or containing trans fats, butter
BEVERAGES	Coffee, unsweetened tea, water	Sweetened coffee, tea, soda and energy drinks

Well Child Visits & Immunizations

Bringing your child in for regular checkups helps ensure they grow up healthy and happy. These visits include scheduled immunizations to prevent illness and offer you an opportunity to ask your pediatrician questions about your child's diet, sleep patterns, social behaviors, and safety in the home and at school.

- **3 to 5 days from birth**
Measurements
 - **2 weeks**
Newborn screening (PKU)
 - **2 months**
Immunizations: Hib (Hemophilus B), Prevnar 13 (Pneumococcal), Pediarix (Dtap, IPV, Hepatitis B), Rotateq (Rotavirus)
 - **4 months**
Immunizations: Hib (Hemophilus B), Prevnar 13 (Pneumococcal), Pediarix (Dtap, IPV, Hepatitis B), Rotateq (Rotavirus)
 - **6 months**
Immunizations: Prevnar 13 (Pneumococcal), Pediarix (Dtap, IPV, Hepatitis B), Rotateq (Rotavirus)
 - **9 months**
Ages and Stages developmental screening, no immunizations unless behind
 - **12 months**
Immunizations: Hemoglobin check, lead screening as indicated, Hepatitis A, MMR (Measles, Mumps, Rubella), Prevnar 13 (Pneumococcal), Varicella (Chicken Pox)
 - **15 months**
Immunizations: Ages and Stages developmental screening, DTaP, Hib
 - **18 months**
Autism screening. Immunizations: Hepatitis A
 - **24 months**
Autism screening, no immunizations unless behind
 - **30 months**
Ages and Stages developmental screening, no immunizations unless behind
 - **3 years**
No immunizations unless behind
 - **4 years**
Vision and hearing screening. Immunizations: Kinrix (DTaP and Polio), Proquad (Measles, Mumps, Rubella and Varicella)
 - **5 years and older and once every year thereafter**
Annual health supervision visit that includes a physical exam as well as a developmental, behavioral, and learning assessment
 - **11 years**
Immunizations: HPV (Gardasil), Menveo/Menactra, TDaP
 - **16 years**
Immunizations: Menveo/Menactra
- Visit SaintAlsKids.com for information on local pediatric providers, services, and parent resources.

