

**CentroMed**

**SA PEDIATRICS**



**Your Medical Home**



**Working to keep you healthy!**

## What is a **Medical Home**?

A Medical Home is about YOU. It is an approach to providing total health care for YOU. With your medical home, you will join a team that includes your doctor, your nurse, your health educator and any other health care professionals. You may also include trusted friends and family members as part of your team, if you choose, to help you make the best choices about your health.



## How Does a **Medical Home** Work for you?

In a medical home, your care team:

- **Is available 24 hours a day, 7 days a week.**  
You can communicate with your team by phone and you can get an appointment quickly, even on the same day when needed.  
Call us at 210-922-7000.
- **Knows you and remembers your health history.**  
They know enough about your personal or family situation to suggest treatment options that make sense for you.
- **Makes sure you understand your condition(s) and how to take care of yourself.** They help you sort through your options and make decisions about your care.
- **Helps you coordinate your health care, even if they are not providing the care themselves.** They will help you find specialists, schedule appointments, and make sure specialists have all the information they need.  
They will ensure that you know what the specialists say and what it means for you.

## Who is Part of the **Medical Home Care Team**?

- This team may include a doctor, nurse, and a health educator, as well as other health care professionals, like a pharmacist, counselor or specialist.
- These team members will work together to help you get healthy, stay healthy, and get the care and services that are right for you.
- Your trusted friends and family members may also be part of the team, if you choose, and YOU are the most important member!

## What can you do to help the **Medical Home Care Team** help you?

### **Be an active team player:**

- Keep your scheduled appointments.
- Talk with your team about your health questions.
- Share the successes and the challenges you have had with health care in the past.
- Inform your team about other health care professionals who care for you.
- Explain to your team how you feel about the care you are getting from them.
- Inform your team of the medicines and dietary supplements you are taking.

### **Take care of your health:**

- Follow the health care plan that you and your team have worked out.
- Make sure you understand how to follow the plan that you and your team have prepared.
- Set goals you can reach. Once you begin to see results, you and your team can discuss adding new goals.

### **Share your result with your team:**

- Inform your medical team if you are having trouble following your care plan.
- Inform your medical team of what is or is not working so that together you can make changes as needed.
- Inform your medical home before going to the ER, after visiting the ER, or if you have been hospitalized.



## When do you visit your **Medical Home?**

- **Common illnesses**, when you or your family member looks or acts sick such as fever, flu, sore throats and coughs.
- **Problems that need care now** such as: infections, asthma, vomiting, injuries and sprains.
- **Annual physicals and immunizations** (as needed for wellness and prevention) and to help manage chronic illnesses or conditions such as asthma, diabetes or high blood pressure.

## When do you visit the **Emergency Room?**

You should visit the ER when you or your family member could risk their health or life without immediate help. Following are some reasons to go to the ER:

- When bleeding won't stop
- When it is difficult to breath
- After a serious accident or injury
- After a convulsion that lasts more than 3 minutes

## PatientPortal

The CentroMed Patient Portal is a secure online website where patients have convenient 24-hour access to their electronic health record.

Enroll today or ask staff how to login to the NextGen Patient Portal for immediate access to your medical information.

### Here For You:

**Appointments: Call or Text 210-922-7000**  
**Providers and Nurse Triage Available 24/7**

For more information please scan QR code or visit:

**CentroMedSA.com**



## Services:

- Pediatrics
- OB/Gyn
- Dental Care
- Family Medicine
- Internal Medicine
- Podiatry
- Providers and Nurse Triage Available 24/7
- Behavioral Health
- Care Coordination
- Optometry
- Optical
- Pharmacy
- Same Day Appointments

## Appointments:

**Schedule Appointments Online at [CentroMedSA.com](https://www.centromedsa.com)  
or Call / Text 210-922-7000**

[ Text "Appointment", "Provider Name" and "Clinic Name" ]

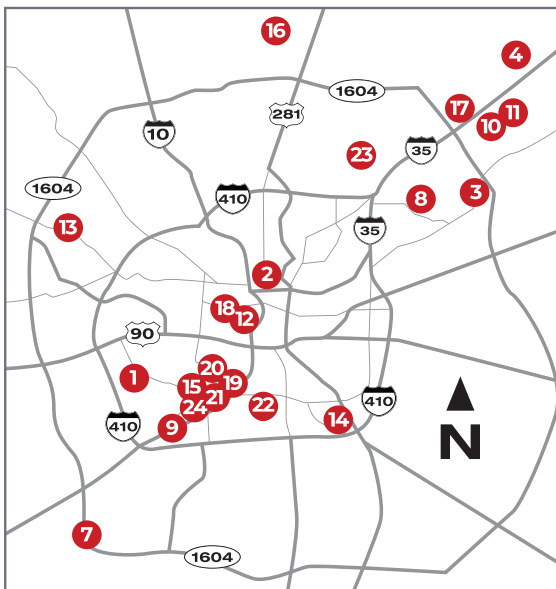


- 1 Berto Guerra Jr. Clinic** ●●●●  
5439 Ray Ellison Blvd.  
San Antonio, TX 78242
- 2 City Center Clinic** ●●●  
207 East Evergreen St.  
San Antonio, TX 78212
- 3 Family First Clinic** ●●  
9135 Schaefer Rd., Suite 4  
Converse, TX 78109
- 4 Family Medicine** ●●  
226 North Union Ave.  
New Braunfels, TX 78130
- 5 La Paloma Clinic** ●  
*Confidential Address*
- 6 LifeTime Recovery** ●  
*Confidential Address*
- 7 Maria Castro Flores Clinic** ●●●●  
7315 South Loop 1604 West  
Somerset, TX 78069
- 8 Noemí Galván Eling Clinic** ●●●●●●  
5542 Walzem Rd.  
San Antonio, TX 78218
- 9 Palo Alto Clinic** ●●●●●●  
9011 Poteet Jourdanton Fwy.  
San Antonio, TX 78224
- 10 SA Pediatrics Cibolo** ●●●  
580 Cibolo Valley Dr.  
Suite 221  
Cibolo TX 78108
- 11 SA Pediatrics New Braunfels** ●●●●  
1034 West County Line Rd.  
New Braunfels, TX 78130
- 12 SA Pediatrics Promesa Bldg.** ●●●●  
1314 Guadalupe St.  
Suite 107  
San Antonio, TX 78207
- 13 SA Pediatrics Sorrento Plaza** ●●●●  
9793 Culebra, Suite 105 & 106  
San Antonio, TX 78250
- 14 SA Pediatrics Southeast** ●●●●  
3327 Research Plaza  
Suite 307  
San Antonio, TX 78235
- 15 SA Pediatrics Southwest** ●●●●  
94 Briggs Ave., Suite 400  
San Antonio, TX 78224
- 16 SA Pediatrics Stone Oak** ●●●●  
123 Stone Oak Loop  
Building 4  
San Antonio, TX 78258
- 17 SA Pediatrics Tri-County** ●●●●  
**Crossing Phase II**  
17323 IH 35 North  
Suite 113 & 114  
Schertz, TX 78154
- 18 Sarah E. Davidson Clinic** ●●●●  
1 Haven for Hope Way  
Building 1, Suite 300  
San Antonio, TX 78207
- 19 South Park Dental** ●●●●  
910 Wagner Ave.  
San Antonio, TX 78211
- 20 South Park Medical** ●●●●●●  
6315 S. Zaramora  
San Antonio, TX 78211
- 21 South Park Pharmacy** ●●●●  
918 Wagner St.  
San Antonio, TX 78211
- 22 Southside Medical** ●●●●●●  
3750 Commerical Ave.  
San Antonio, TX 78221
- 23 Thousand Oaks Clinic** ●●●●●●  
4300 Thousand Oaks Dr.  
San Antonio, TX 78217
- 24 Women's Health Clinic** ●●●●●●  
7386 Barlite Blvd.  
San Antonio, TX 78224

## APPOINTMENTS:

CentroMed - 210-922-7000

SA Pediatrics - 210-223-3543



### LEGEND:

- 🚶 Walk-In Clinics
- Family Medicine
- Pediatrics
- Women's Health
- Dental
- Pharmacy
- Optometry