



## FRYEBURG TOWN MATTERS

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### Our Community Health Center

by Suze Hargraves, WMCHC staff writer



We're fortunate to have a community health center serving Mount Washington Valley and western Maine. Located at 298 White Mountain Highway in Conway, New Hampshire, the health center is what's called a "safety net" provider. In simple terms that means that WMCHC provides care for the uninsured and underinsured here in the valley and western Maine. Uninsured families and individuals can apply for the sliding fee scale based on income and family size. WMCHC also accepts Medicaid, Medicare, MaineCare and most health insurances.

You might ask "Why do we need a community health center?" The answer is multifold. Many of our local businesses are independently owned and the cost of obtaining health insurance is simply unaffordable. Many people work part time at multiple jobs which excludes them from health insurance eligibility. Our local economy is based heavily on seasonality leaving workers to move from job to job during the year. All of these scenarios leave hard working people without health insurance. Add on the growing numbers of people who have lost their jobs because of a tough economic picture and it's easy to see why White Mountain Community Health Center is key to our communities health care picture.

The health center offers primary care for men and women, pediatric care, prenatal care, family planning services and a children's dental program. Other services include social work, nutrition counseling and mental health counseling for patients. A Teen Clinic and Family Planning Clinic are also operated by WMCHC.

Remember that everyone deserves quality health care. Providing quality, affordable healthcare is what White Mountain Community Health Center is all about. It's our mission. It's our passion. For more information call 603-447-8900 or visit the health center online at [www.whitemountainhealth.org](http://www.whitemountainhealth.org).

