



Telehealth and free resources for new and expectant mothers in northern New Mexico.

Happy New Year! We welcome in 2021 with some good news. Holy Cross Hospital and Women's Health Institute are opening **a new prenatal clinic at the Questa Health Center**, so you can get the care you need closer to home. The new clinic will open on March 3rd, 2021.

The Rural Obstetric Access & Maternal Services (ROAMS) grant has provided the Questa Health Center with state-of-the-art equipment including a new ultrasound, vitals machine, and fetal heart rate monitor. You will now be able to visit with your Women's Health Institute practitioner at the Questa Health Center AND via virtual telehealth appointments.

VIRTUAL AND IN-PERSON CARE, AND FREE SERVICES

- **Office-to-office telehealth appointments (available the second Wednesday of each month)**
Visit the Questa Health Center and connect virtually with Women's Health Institute practitioners and other high-risk pregnancy specialists.
- **In-person appointments and ultrasounds (available the first and third Wednesday of each month)**
Visit the Questa Health Center and have a face-to-face appointment with an OB or Midwife from Women's Health Institute.
- **Home telehealth kits from ROAMS (including a free tablet)**
Meet with your prenatal practitioner from home. The telehealth kits will include automatic reporting of blood pressure, oxygen, and weight, plus a glucometer and fetal heart rate monitor, as well as educational videos and reminders. *(Telehealth visits are not meant to replace your important in-person visits, but will help with additional monitoring to make sure mom and baby are both healthy)*
- **Free ROAMS Family Navigator assistance**
Helping with your family's needs, Home Visiting enrollment, and more!
- **Free breastfeeding consultation**
A consultant will be available to you for as long as you need to support breastfeeding.

Both the Family Navigator and breastfeeding consultant can meet with you in person or digitally through video, phone calls, texting, whatever works best for you!

We are committed to healthy moms and babies and excited by these new opportunities to provide you with 21st Century state of art care closer to your home! Call to make your appointment.

MAKE AN APPOINTMENT:

Women's Health Institute
(575) 758-5001

LEARN MORE:
www.ROAMSnm.com