

Health Center Locations

Bronx

Mt. Hope Family Practice

130 West Tremont Avenue
Bronx, NY 10453
(718) 583-9000

Parkchester Family Practice

1597 Unionport Road
Bronx, NY 10462
(718) 822-1818

Urban Horizons Family Health Center and River Center for Counseling

50 East 168th Street (lower level)
Bronx, NY 10452
(718) 293-3900

Walton Family Health Center

1894 Walton Ave
Bronx, NY 10453
(718) 583-3060
Dental Care (718) 583-2700

Institute for Family Health Center for Counseling

(Mental health only)
2590 Frisby Avenue - 1st Floor
Bronx, NY 10461
(718) 239-1610

Manhattan

Amsterdam Center

690 Amsterdam Avenue
New York, NY 10025
(212) 865-4104

East 13th Street Family Practice

113 East 13th Street
New York, NY 10003
(212) 253-1830

Family Health Center at North General

1879 Madison Avenue
New York, NY 10035
(212) 423-4500
Dental Care

Phillips Family Practice and Sidney Hillman Family Practice

16 East 16th Street
New York, NY 10003
(212) 206-5200

Mid-Hudson Valley

Kingston Family Health Center

1 Family Practice Drive
(845) 338-6400
Dental Care

Ob/Gyn and Specialty Care Center of Kingston

1 Foxhall Avenue
(845) 338-8444

Ellenville Family Health Center

6 Healthy Way
(845) 647-4500
Dental Care

Family Practice Center of Hyde Park

11 Crum Elbow Road
(845) 229-1020

New Paltz Family Health Center

279 Main Street, Suite 102
(845) 255-2930

Family Practice Center of Port Ewen

213 Broadway
(845) 331-2355

Welcome to the
**Diabetes
Care Program**
at the
Institute for Family Health



The Institute for Family Health: Your home for diabetes care.

The Institute for Family Health is committed to providing the best diabetes care to all of our patients. Our program is nationally recognized by the American Association of Diabetes Educators for providing quality diabetes care. Our team consists of:

Medical Providers: Our family doctors and nurse practitioners are dedicated to helping you manage your diabetes. They will keep your labs up to date, schedule yearly screenings like eye and foot exams, and ensure you're on the correct medications.

Certified Diabetes Educators (CDEs): CDEs are licensed professionals who can help you learn about nutrition, medications, insulin, exercise, and many other ways of staying healthy.

Social Workers: Our team of case managers and mental health providers can help you access benefits, legal assistance, alcohol and drug counseling referrals and more.

Diabetes Care Managers: Also known as “diabetes health coaches”, they will work closely with you, your provider, your educator, and your social worker to help you make the most of our services.

- ✓ **Onsite A1C results:** This important diabetes test is available in our own clinics, so you can get your results right away.
- ✓ **Educational groups:** Each group consists of 10-12 patients who meet to learn about diabetes, share tips and eat healthy snacks. You will learn from our diabetes educators, and more importantly, you will learn from each other!
- ✓ **Diabetes Day:** Once a month, many of our locations have a “Diabetes Day.” On these days, you can visit with your primary care provider, your diabetes educator, your social worker and your diabetes care manager in a single visit.
- ✓ **Supermarket Shopping Tours:** Our diabetes educators will take you out of the clinic and into your community supermarket. You will learn how to read food labels, how to spend your food dollars, strategies to make food choices that fit your lifestyle, what foods to buy to better manage your diabetes!

Quality health care for you and your family.

Our health centers are full-service medical homes. You and your family can use any of our services. We see patients of all ages, from infants to the elderly.

We offer:

- ✓ Check-ups and treatment for illnesses
- ✓ Flu shots and vaccinations
- ✓ Women’s health and prenatal care
- ✓ Men’s health
- ✓ HIV services, including rapid testing
- ✓ Counseling and behavioral health

MyChart MyHealth

MyChart MyHealth is a secure website that allows you to see your medical records safely on the internet. With it you can:

- Make appointments
- Email your provider
- Get test results
- Renew prescriptions
- Find health information and more

The signup process is quick and simple. Ask at the registration desk to get a username and password. It’s quick, easy, and free!

My Diabetes Care Location

After you make your first appointment, write the name and address of your center here:

My center is:

The address is:

The phone number is:

My medical provider’s name is:

My diabetes educator’s name is:

About the Institute for Family Health

The Institute for Family Health is a network of community health centers committed to improving the health and well-being of all individuals.

The Institute is a “patient-centered medical home.” This means that you and your health care team will work together to make sure you get all of the services you need to stay healthy.

Visit us at www.institute2000.org to learn more about us.