

HELPING YOU MAKE THE RIGHT CHOICES

Growing To Meet Your Needs

Public Health Department

The purpose of the Tuolumne County Health Department is to protect and preserve the

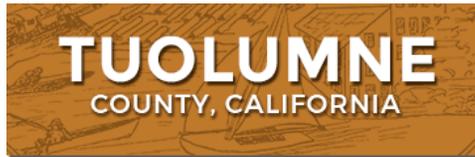


Health and well being of all citizens of Tuolumne County by preventing and controlling disease, injury and disability and promoting a healthy lifestyle.

Tuolumne Resources

Please find out latest resource guide for community services at

[https://
www.tuolumnecounty.ca.gov/
DocumentCenter/View/8258/
Tuolumne-Final](https://www.tuolumnecounty.ca.gov/DocumentCenter/View/8258/Tuolumne-Final)



20111 Cedar Road N.
Sonora, CA 95370
(209) 533-7401
www.tuolumnecounty.ca.gov

Because Your Life Matters



Prevention and management of chronic disease can help you be healthier and live longer.



TUOLUMNE
COUNTY, CALIFORNIA

Supporting the Health of CMSP Participants



CMSP SUPPORTS AGES 21-64

Services You Can Access

State CMSP Medical Providers:

Adventist Health Sonora
(209) 536-5000
1000 Greenley Rd
Sonora, CA 95370

Mathiesen Indian Health Clinic
(209) 984-4820
18144 Seco St
Jamestown, CA 95327

Find others at <https://cmsp.amm.cc/provider-search/>

CMSP Pharmacies:

<http://www.cmspcounties.org/benefits/tuolumne.html>



Health Education Programs

Tobacco Cessation

Quit smoking classes
Free Quit Kits

Nutrition Education

Grocery Store Tours
Healthy Snack & Meal Ideas
Cooking Demonstrations

Case Management

Education about chronic diseases
Referrals
Health Insurance
Provider Access

Targeted Case Management (TCM)

Home Visits, Health & Life Skills Teaching
Resources & Referrals

Health Services

Free flu shots after the Health Fair
(if unable to get from your doctor)

Emergency Preparedness

Home Safety Planning (Evacuation Ideas)
Vehicle Safety Planning (Go Kit Ideas)

Medical Marijuana Cards

Free to CMSP Participants

Oral Health Referrals

Communicable Disease, Education & Prevention

CMSP Benefits

Health screenings & labs

**Visits to a Doctor for
primary care, specialty
care or even physical
therapy**

**Prescriptions are only a \$5
copay (\$1,500 maximum)**



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