

- Pediatric, Adult & Family Primary Health Care
- Family Planning & Reproductive Health Services
- Obstetrics & Gynecology
- Oral Health Services for children & adults
- Preventive, restorative, & emergency dentistry
- Dental exams, cleanings, fillings & extractions
- Behavioral Health & Psychiatry Services
- Gastroenterology
- Orthopedic Specialty Services
- Acupuncture
- Radiology
- Optometry
- Chiropractic Services
- Lab and Pharmacy
- Confidential Teen Services
- Specialty services by Provider referral
- Enrollment Counselors
- Empowering Groups & Educational Classes

An advice nurse is available when our clinics are closed. Call 415-448-1500.

MCC complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or gender.

Improving the health of our patients & community by providing high quality, cost-effective, culturally sensitive, patient-centered health care.

**For an appointment call
415-448-1500**



Paying for Services

We make quality health care affordable for everyone.

We accept **Covered California Insurances, Medi-Cal, Medicare, Medicare Supplements**, and many other **PPO & Private insurances**.

No insurance or can't pay full cost?

Your visit fee may be discounted according to our **Sliding Fee Discount Program**.

Need help with insurance options?

Call our Insurance Help Line at (415) 755-2586 or email insurancehelp@marinclinic.org.

What patients say

"...many people don't know where to go for support and help... The Clinic is an ideal place to get medical help and a place to learn about other resources that can help patients' health, like the Health Hubs."

— Clinics patient

Health maintenance & prevention

We provide a range of **classes, workshops**, and **support groups** that can help you maintain your health, providing a fun environment to learn how to manage illness or cope with circumstance.

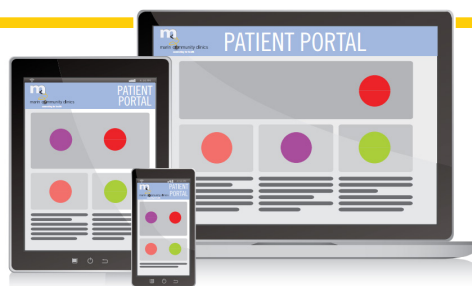
Talk to your provider about which classes are right for you.

APPOINTMENTS

All visits will be scheduled at a time that is best for you and your provider.

Please call 415-448-1500 to make an appointment.

Visit www.MarinClinics.org for **Locations & Hours of Operation**



MCC Medical Connect

With MCC Medical Connect, our online communication tool, you can:

- **Send secure messages** to your doctor.
- View information from your chart, including lab results.
- **Request appointments**
- Access **Healthwise Knowledgebase**

(Ask for login information at the front desk)



Health Hubs

Free nutritious food; health education; screenings for diabetes & hypertension, Zumba and **multi-lingual** and **multi-cultural** community resources!

Rain or Shine - We have a drive-through when the weather is bad.

Wednesdays in San Rafael & Thursdays in Novato
2:30–5:30 pm Fall/Winter; 3–6 pm rest of year

What to bring to your first appointment

If you have insurance, bring your insurance card or other proof of insurance and proof of residency.

If you do not have insurance, contact our Enrollment Counselors **BEFORE** your first visit:

- Bring **proof of income**, such as pay stub, income tax form, letter from employer
- For **Sliding Scale discounts**, bring proof that you live in Marin County

Download, print, fill out, and **bring** the following forms: www.marinclinic.org/health-care-services/new-patients

- ☐ Patient Registration
- ☐ Patient Questionnaire
- ☐ Notice of Privacy Practices (NPP)
- ☐ Acknowledgment of Receipt of NPP

Bring a full list of prescription medications, over-the-counter medications, remedies and herbs that you are currently taking; if possible, bring medication bottles.

Bring your medical record, test results or immunization records you may have had elsewhere, and glucometer, blood sugar readings log, blood pressure log, and nutritional log.

Arrive 30 minutes before your first appointment.



What is a Primary Care Team

A Primary Care Team – the medical team that you will usually see and who will coordinate your care.

To read more about our providers, see a full listing on our website (www.marinclinic.org/about-us).