

## WHAT IS THE PREVENTIVE HEALTH CARE FOR ADULTS PROGRAM (PHCA)?

PHCA is a community health assessment program. Basic health screenings and follow-up for clients with special needs and health problems are provided for those over the age of 50.

No medical treatment is provided. If treatment is required, referrals and coordination of care with providers is made available.

### PHCA Can Help You:

- Identify health problems early
- Find needed health care and social services
- Learn preventive health practices
- Stay as healthy as possible

## WHO CONDUCTS THE PHCA CLINICS?

Registered nurses (R.N.s) who are certified in public health conduct the medical screenings and provide health and nutritional counseling. Health education lectures are provided on such topics as:

- Diabetes
- Nutrition
- Heart disease
- Fall prevention
- Medication management

## HOW MUCH WILL ALL THIS COST ME?

All PHCA services are **FREE**.

For a comprehensive physical assessment, appointments are recommended.

See “Where are the clinic sites” for phone number of clinic closest to you.

## WHAT HEALTH ASSESSMENTS ARE PROVIDED?

### Health and Nutritional Assessment & Counseling

### Individualized Health Care Plan

### Health Screenings:

- Pulse
- Blood Pressure
- Hearing
- Vision
- Hemocult (stool home kit)
- Hemoglobin
- Blood Sugar
- Urine
- Cholesterol
- Height & Weight
- Assessment of Oral/Dental, Skin



You have a Doctor—  
*but do you have a Nurse?*

**How do I make an appointment  
for a FREE health assessment?**

**Call the Clinic site near your  
home, or call the PHCA office at  
(714) 972-3745**

Next Appt.: \_\_\_\_\_

Clinic: \_\_\_\_\_

Nurse: \_\_\_\_\_



Health Care Agency  
Public Health Services  
Specialized Public Health Nursing  
Preventive Health Care for Adults  
P.O. Box 355  
Santa Ana, CA 92702  
(714) 972-3745

PHCA is Sponsored by Orange County Health Care Agency  
and the California Department of Public Health.

DTP376

## WHERE ARE THE CLINIC SITES?

Senior Center/Site	Contact #
Anaheim/Brookhurst CC	(714) 765-3415
Anaheim/Colonia-Independencia CC*	(714) 826-9070
Anaheim/Ezra Center	(714) 776-1103
Anaheim/Senior Center	(714) 765-4510
Brea/Senior Center	(714) 990-7750
Buena Park/Senior Center	(714) 236-3870
Corona Del Mar/Oasis Senior Center	(949) 644-3244
Costa Mesa/Senior Center	(949) 645-2356
Cypress/Senior Center	(714) 229-2005
Fountain Valley/Founder's Village	(714) 593-4446
Fullerton/Senior Multi. Center*	(714) 738-6305
Garden Grove/H. Louis Lake SC	(714) 741-5253
Garden Grove/St. Anselm's	(714) 537-0608
Huntington Beach/Recreation Center	(714) 536-9387
Irvine/Lakeview Senior Center	(949) 724-6900
La Habra/Senior Center	(562) 905-9746
Laguna Beach/Senior Citizen Rec.	(949) 497-2441
Laguna Hills/Florence Sylvester	(949) 380-0155
Laguna Niguel/Sea Country SC	(949) 425-5151
Mission Viejo/Norman P. Murray	(949) 470-3062
Orange/Community Garden Towers	(714) 867-2404
Orange/EI Modena TLC*	(714) 532-3595
Orange/Senior Center	(714) 538-9633
Orange/Triangle Terrace	(714) 633-3147
Placentia/Bradford Terrace	(714) 223-1223
Placentia/Senior Center*	(714) 986-2332
San Clemente/Senior Center	(949) 498-3322
San Juan Capistrano/Senior Program	(949) 493-5921
San Juan Capistrano/Villa Paloma	(949) 443-9237
Santa Ana/Senior Center/Third St.*	(714) 647-6540
Santa Ana/South West SC/McFadden	(714) 647-5306
Santa Ana/Wycliff Plaza/Flower St.	(714) 547-9545
Tustin/Senior Center	(714) 573-3340
Westminster/Senior Center	(714) 895-2878
Yorba Linda/Senior Center	(714) 961-7181

\*Spanish Speaking



## PREVENTIVE HEALTH CARE FOR ADULTS

*is:*

**NURSES PROMOTING  
HEALTH**

*through:*

**FREE  
PHYSICAL ASSESSMENTS**

**SPECIAL SCREENINGS**

**HEALTH EDUCATION**

**CLASSES**