

Department of Medicine

(516) 486-6862
For Appointments

Quality Care... Close to Home.

SERVICES

- Management of chronic conditions
- Referrals to specialty services
- Coordination of care
- Routine annual checkups
- Pre-employment physicals
- Commercial Drivers License (CDL), Dept. of Social Services (DSS) physicals

OFFICE HOURS

Mon., Tues., Thurs., Fri. 9 AM - 12 PM
1 PM - 4 PM

Wed. 1 PM - 8 PM

Please call (516) 486-6862 within 24 hours to cancel/ reschedule your appointment. For an urgent need, you may walk in and you will be evaluated for care. To avoid waiting, an appointment is recommended.

LABORATORY HOURS

Monday - Friday 8 AM — 3:30 PM

EXTENDED HOURS

Should you require care for an urgent problem when the practice is closed, the following locations are open until 8 p.m. and have access to your records:

- Hempstead Health Center 4 -8p.m. Tues.
- Westbury Health Center 4 -8p.m. Tues./Thurs.
- Roosevelt Health Center 4 -8p.m. Tues.
- Elmont Health Center 4 -8p.m. Tues./Thurs.



2201 Hempstead Turnpike
East Meadow, NY 11554
Appointments: (516) 486-6862
General Information: (516) 572-0123
www.numc.edu

Centers of Care

A. Holly Patterson Extended Care Facility
875 Jerusalem Avenue
Uniondale, NY 11553
(516) 572-1400

Family Health Centers

Elmont Family Health Center
161 Hempstead Turnpike
Elmont, NY (516) 571-8200

Roosevelt Family Health Center
380 Nassau Road
Roosevelt, NY (516) 571-8600

Hempstead Family Health Center
135 Main Street
Hempstead, NY (516) 572-1300

New Cassel-Westbury Family Health Center
682 Union Avenue
Westbury, NY (516) 571-9500

**Roosevelt School-Based Health Center
(For Students Only)**
1 Wagner Avenue, Rm. 1043
Roosevelt, NY (516) 345-7229

Freeport-South Ocean Care Family Health Center
101 South Bergen Place
Freeport, NY (516) 623-3600

In Partnership with the LI Federally Qualified Health Center, Inc.

Affiliations

North Shore LIJ Health System
The Health Sciences Center of
Stony Brook University
New York College of Osteopathic Medicine
New York College of Podiatric Medicine
American University of the Caribbean School of Medicine
Hofstra University School of Medicine



OMNI Adult Medicine

Ground Level
Station Four

Nassau University Medical Center
2201 Hempstead Turnpike, E. Meadow, NY 11554
Main: (516) 572-0123
Appointments: (516) 486-6862

OMNI Adult Medicine Primary & Preventive Care

How We Manage Your Care

1. **Care Coordination:** Our care team works with other providers, including mental health professionals, specialists and hospitals, to coordinate your care. We will help you find specialists, get appointments and make sure the specialists have the information they need to care for you.
2. **Your Role:** We work with you to obtain a complete medical history and we ask that you let us know about care you receive outside the practice. We may ask you about medications you are taking, your family medical history, as well as any recent hospital visits.
3. **Access to Care:** We strive to communicate with you effectively and provide you with an appointment as quickly as possible.
4. **Treatment Options:** We use the latest medical research and evidence to guide our decisions as together we discuss options for your care.
5. **Self-Management:** We provide you with tools such as log books or reminder calendars to help you manage your care at home.

We are committed to establishing a relationship with you and providing you with the services and tools you need to maintain your health.

Contacting the Practice

Non Urgent Issues

To contact the Practice during or after office hours for the following reasons, please call **(516) 486-6862**:

- An appointment or same-day appointment
- Non-urgent question for the doctor
- Medication re-fill

Urgent Issues

- From 8 a.m. to 4 p.m., Mon. – Fri. call the hospital page operator to ask for your doctor or the on-call provider at **(516) 572-6233**.
- Before 8 a.m. or after 4 p.m. and weekends call **(516) 486-6862**. Ask for the on-call provider.

IN CASE OF A MEDICAL EMERGENCY, CALL 911.

Prescription Requests

There are 3 ways you can fill or re-fill an expired prescription medication:

1. **Through your Pharmacy:** by contacting them and they can fax your doctor a request to renew the prescription. Fax no. **(516) 572-5313**.
2. **By Phone:** call **(516) 486-6862** at any time and leave a message for your doctor. You will need to know where you were last seen, the name and phone number for your pharmacy, the name of the medication, the dosage and the date the prescription is expiring. Requests are generally responded to within 3 business days.
3. **In Person Walk In:** You may complete a prescription request form at the registration desk located on the Ground Floor. All prescription requests require 3 business days. Please be sure to include your pharmacy telephone number as well as a telephone number where you can be reached.

Changes and/or **new prescriptions** can only be completed by the physician. Please schedule a visit with your physician to address those needs.

If you cannot afford to purchase your medication, ask your physician about our **Affordable Pharmacy Programs**.

Forms & Letters

We understand that at times, various forms or letters may be required to assist you with your healthcare needs. Our staff will be happy to complete forms and write medical letters as necessary upon your request. Please make sure to drop off all form requests at the Registration Desk located on the Ground Floor. You will need to complete a form at the Registration Desk.

Please allow 10 business days for completion of requested forms/letters. You may choose to pick up or have the forms faxed or mailed to you.

Insurance

Medicaid, Medicare and most Commercial insurances are accepted. For those without insurance, enrollment counselors are available to assist you. A sliding fee scale is available for those who are ineligible for insurance. Copayments and deductibles are due at the time of service.

Things You Can Do To Stay Healthy

1. **Have regular check ups with your primary care doctor. Stay up to date with screenings and vaccinations.**



2. **Change daily lifestyle**

- **If you smoke:**
-Smoke less or aim to QUIT



- **Physical activity**
-Aim to exercise for 30 minutes each day



- **If you drink alcohol:**
-Drink less alcohol
-Drink water in between alcoholic drinks
- Have a break from alcohol for 1-2 days



- **Food**
-Eat fruit, vegetables, fish and lean meat
-Eat less fat,
-Eat less salt in and on food



3. **Know how to manage your medicine**

Take your medicines every day as instructed by your physician



We are committed to improving wellness through better patient education!

