

ABOUT US

Hayward Wellness, located in Hayward, California, is a member of the Alameda Health System network of community-based wellness centers providing primary care and medical specialties. Neighborhood-based Hayward Wellness gives local residents access to primary and specialty care by world-class physicians, specialists and other caregivers. Hayward Wellness also provides preventive care and referrals for specialty care throughout the Alameda Health System network and in other community-based clinics.

SERVICES

Hayward's interdisciplinary team of physicians, specialists and other health care professionals fosters a unique partnership with patients, connecting individuals and families with the care they need in a timely manner. Hayward's innovative clinical space is designed around a central work area for efficient communication among care team members, with exam rooms surrounding the work area for convenient monitoring.

In addition to primary care, Hayward Wellness provides specialty services, including optometry and podiatry. Four rooms are reserved for group visits, giving patients better access to health education. Group visits include classes on healthy eating and living and a demonstration kitchen to promote healthy cooking.

An integrative medicine program offers a holistic approach to mind, body and spirit with such services as nutrition and mindfulness practice.

Through Alameda Health System, free interpreter services are available in 28 languages. All exam rooms include innovative tele-language video monitor technology that expands access to 150 languages.

NEIGHBORHOOD HEALTH HOME

Hayward Wellness is a medical home for patients with a full range of services. Benefits to patients include:

- **Access** – Patients have easy and timely access to the physician and care team.
- **Care** – Comprehensive services are provided for specific patient health needs.
- **Collaboration** – Ongoing and timely communication is provided for patients and their families.
- **Engagement** – Patients receive accurate communication about patient health and assistance with setting goals for healthy living.
- **Experience** – A professional staff utilizes extensive resources and provides culturally and linguistically appropriate services.
- **Teamwork** – The care team includes health educators, optometrists, podiatrists, clinical pharmacists, nutritionists, dentists and mental health counselors.
- **Technology** – The latest health information technology is used for record keeping, guidance on recommendations and coordination of care.



Hayward Wellness

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