



Access your health information.

With Peak Vista's IntelliChart Patient Portal, your health information is at your fingertips.

- Request prescription/medication refills, medical records, and appointments
- View lab/test results, personal health information, and medical information
- Update your account information
- Review and pay bills



Download the mobile app.

Once you have created your account, you can access the Patient Portal online or through the mobile app. Search for "PatientPORTAL by IntelliChart" in either the App Store or the Google Play Store and download the app to your phone.



Peak Vista Community Health Centers is a 501(c)(3) nonprofit organization and receives funding from the Health Resources and Services Administration (HRSA) within the U.S. Department of Health and Human Services (HHS). The statements herein are those of Peak Vista and do not necessarily represent any views of, or endorsement by, HHS or any other agency of the U.S. Government. For more information visit www.peakvista.org.

VIRTUAL VISITS

Skip the waiting room and get care from the comfort of home.

For more information, ask a member of your care team today or call 719.632.5700

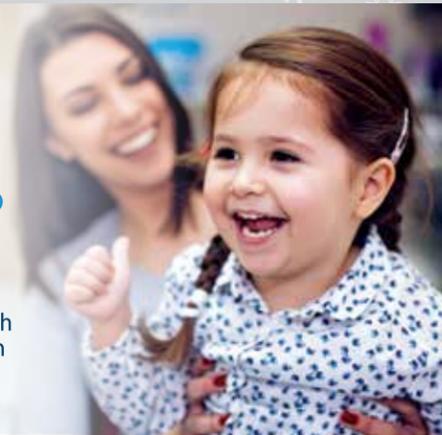



CELEBRATING
BLACK HISTORY
MONTH

Dental Services

We want everyone to enjoy a lifetime of healthy smiles!

Take control of your oral health with Peak Vista's high-quality oral health services for children and adults at nine convenient locations.



Dental Health Center at International Circle • Family Health Center at Mitchell High School
Health Center at Jet Wing • Health Center at Divide • Health Center at Fountain
Health Center Downtown

heart MONTH

Make time for self-care!

#peakvistahearthealthy

Diabetes Care & Management

The Importance of Proper Nutrition

Diabetes is a chronic and elevated level of blood sugar that, over time, can cause serious damage to the heart, blood vessels, eyes, kidneys, and nerves.

After you eat carbohydrates (carbs), your blood sugar rises. High blood sugar can make you feel extreme thirst, increased urination, dry skin, increased hunger, blurry vision, drowsiness, or cause wounds to heal slower.

Foods to Eat Less Often:

Sugar, Salty Foods, Alcohol, Chocolate, Refined Grains, Cakes, Potato Chips, Soda

Foods to Eat More Often:

Fruits, Vegetables, Whole Grains (Wheat, Brown Rice, Barley, Quinoa, Oats), Chicken, Turkey, Fish, Eggs, Nuts, and Beans

Talk to your provider for more information about diabetes care and management.

PATIENT ADVISORY GROUP SHARE YOUR VOICE!

Our Patient Advisory Group allows Peak Vista patients and families to have a voice in our programs and services.

Scan the QR code to learn more and apply to be a Patient Advisory Group member.



PEAK VISTA
blog Stay healthy this season with up-to-date, informed, and accurate information.



DEVELOPMENTAL DISABILITIES HEALTH CENTER

We strive to provide exceptional health care for adults with intellectual and developmental disabilities (IDD). Common intellectual and developmental disabilities include Down Syndrome, Autism Spectrum Disorder, Cerebral Palsy, Fetal-Alcohol Syndrome (FAS), Fragile X, and other cognitive disabilities.

- Treatment for minor illnesses and injuries
- Health promotion and wellness programs
- Chronic disease care/management
- Physical and psychological exams
- Routine follow-up care
- Behavioral health with psychiatric support and more!



719.632.5700



peakvista.org