

## Medical Clinic

### General hours at Kilmarnock facility

Weekdays, 8:30 a.m. to 4:30 p.m.  
Tuesdays & Thursdays, 5 to 7:30 p.m.

### Specialty Clinics include:

**Urology Clinics**  
Monthly

**GYN Clinics**  
Monthly

**Musculoskeletal Clinics**  
Third Tuesday of the month

Please call for schedules

## **ELIGIBILITY SCREENING HOURS**

for both Medical Clinic and Dental Clinic

### **At the main facility in Kilmarnock:**

Monday, Wednesday & Friday: 9 to 11 a.m.  
Tuesday & Thursday: 4 to 6 p.m.

### **At Freeshade Community Center, Syringa:**

Thursdays from 12:30 to 3:30 p.m.

### **At Andrew Chapel UMC in Montross:**

Every other Thursday from 8:30 a.m. to noon

## **Our Mission:**

*We embrace health and wellness as the foundation for quality of life, and we dedicate ourselves to providing the highest level of health care to all those who lack access to it within our community.*

## Outreach Services

### Westmoreland Outreach Clinic

Every other Thursday at  
Andrew Chapel Church in Montross

### Middlesex Outreach Office

Every Thursday from 12:30 to 4 p.m. at  
Freeshade Community Center

## Dental Clinic

### General clinical hours at Kilmarnock facility

Wednesdays, 9:00 a.m. to 4 p.m.  
Thursdays, 10:00 a.m. to 7 p.m.  
Fridays, 9:00 a.m. to 1 p.m.

## **PHARMACY HOURS**

### **To call in a prescription:**

Monday, 1 to 4:00 p.m.  
Friday, 1 to 3:30 p.m.

### **To drop off prescription refills:**

Mondays, 1 to 4 p.m.  
Tuesdays, 12 noon to 7 p.m.

### **To pick up prescriptions:**

Thursdays, 6 to 7:30 p.m.  
Fridays, 10 a.m. to 2 p.m.  
(\$3 donation per prescription)

## **Volunteers:**

Medical, dental, pharmacy and  
administrative volunteers  
are welcome.

Please contact the Clinic at  
435-0575 for more information.

*Northern Neck—Middlesex*

## **FREE HEALTH CLINIC**

*Bridging the  
health-care gap  
since 1993*



- Medical Clinic
- Pharmacy
- Dental Clinic
- Outreach

51 William B. Graham Court,  
P.O. Box 1694  
Kilmarnock, VA, 22482

Phone: 804-435-0575

Fax: 804-435-9017

Web site: [www.nnmfhc.org](http://www.nnmfhc.org)

*Funded by donations*

*Staffed by volunteers*

*Neighbors helping neighbors*

## **Office hours:**

**Monday through Thursday**

8:30 a.m. to 5:00 p.m.

**Friday**

8:30 a.m. to 4:00 p.m.

**Tuesday and Thursday  
evenings**

5:00 p.m. to 7:30 p.m.

# GENERAL INFORMATION

## Counties served:

Lancaster, Middlesex,  
Northumberland, Richmond  
and Westmoreland  
[Dental Clinic also serves  
surrounding counties]

## Services offered:

- Chronic and acute care
  - Patient education
  - Dental care
  - Well woman care
  - Diabetic Clinics
  - Urology Clinics
- Musculoskeletal Clinics
- School and sports physicals
- Flu & pneumonia vaccines
  - Prescriptions
  - Lab procedures
  - X-ray procedures
  - Specialty referrals

## PLUS:

- **Outreach Clinic in Montross**
- **Outreach Administrative Office in Syringa**

# NORTHERN NECK—MIDDLESEX FREE HEALTH CLINIC

*Member of the Virginia Association of Free and Charitable Clinics*

## ELIGIBILITY REQUIREMENTS

### MEDICAL CLINIC

- ◆ All new patients are screened to determine eligibility, which is updated annually. Bring a valid Virginia ID to each screening.
- ◆ At each screening, pay stubs and other documentation of income for the most recent 3 months are needed. Tax returns are needed annually.
- ◆ There is no charge for medical services
  - ◆ Qualified patients:
    - Have incomes of 250% or less of the federal poverty level. Patients may be uninsured, under-insured, on Medicaid, or on Medicare without Part B

### DENTAL CLINIC

- ◆ All Medical Clinic patients whose documentation is up to date are eligible.
- ◆ A per-visit fee, ranging from \$30 to \$60 based on income, is due in advance of appointment. Children up to age 18 are seen at no charge.
- ◆ A denture program with discounted fees is available. Please ask for details.
  - ◆ Qualified patients:
    - Have incomes of 300% or less of the federal poverty level. Patients may be uninsured, under-insured, on Medicaid or on Medicare.

### **New patients must be screened in advance of services. Documentation must be presented.**

- **Medical Clinic:** Open weekdays and Tuesday and Thursday evenings. Patients are seen by the staff medical director, staff provider, and volunteer physicians.
  - Appointments are preferred but walk-ins are accepted.
  - It is essential that appointments with referral physicians be kept. If you are unable to make the appointment, call 48 hours in advance to reschedule it. Failure to show could disqualify you from clinic services.
- **Dental Clinic:** Open Wednesdays, Thursdays and Fridays, with the staff dentist and students from the VCU School of Dentistry.
- **Pharmacy:** Open to all Medical Clinic patients not on Medicaid, plus a special program for those unable to afford their medications.