

*Are You a  
Small Business Owner?*

*Are you able to provide  
Health Benefits?*

*Are you Self Employed?*

*Do you just need a  
few check ups a year?*

*Then consider the  
**Health  
Maintenance  
Plan***



**The Health Center  
of Helping Hands  
provides affordable,  
quality health care  
to those that are  
underserved in the  
Rockwall community.**

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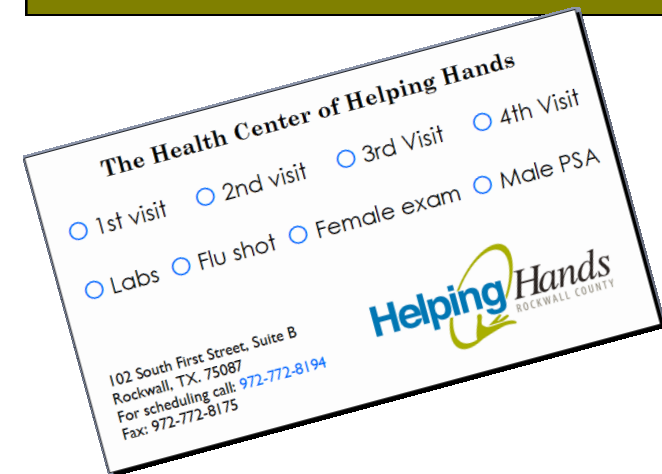
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## **Health Maintenance Plan**

**A program to provide  
preventative health care  
to those without health  
insurance**



## Small Business Owners

**Most are unable to provide health insurance to their employees.**

## The Self Employed

**Many are dropping coverage or cannot afford premiums, and the sick are not going to the doctor because they simply cannot afford it.**

*The number of uninsured in the US continues to rise.*



**The Health Center  
of Helping Hands  
Can Help**

## **The Health Maintenance Plan Includes:**

- 4 office visits
- 1 Seasonal Flu Shot
- Annual labs, including:
  - 1 Pap Smear for Women
  - 1 PSA Test for Men
- One-Time Maintenance Labs, including:
  - General Health Panel
  - Lipid Panel
  - Hemoglobin A1C
  - Urinalysis
- 1 Wallet Size Health Card

**\$700+** value for only  
**\$300.00**



*Once the participant uses the four exams included in the HMP, additional visits are \$45.*

*The Health Center has the right to change these fees at any time. The HMP is valid for one year from enrollment and is non-transferrable.*

## **Benefits of the Card**

### Preventative Care

Staying healthy means taking less sick time from work

### Convenience

Located in downtown Rockwall for easy access

### Fees for Service

Affordable cost to employers to provide health benefits

**Our staff provides compassionate, quality care to all patients**

**THE HELPING HANDS HEALTH MAINTENANCE PLAN IS NOT AN INSURANCE POLICY AND ENROLLMENT THERIN DOES NOT CONSTITUTE INSURANCE COVERAGE OR THE PURCHASE OF AN INSURANCE POLICY OF ANY KIND. THE FEES PAID FOR THE HEALTH MAINTENANCE PLAN ARE NOT INSURANCE PREMIUMS.**

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