



## **Welcome to Belmont Cambridge Health Care** *Where every family becomes a part of our family*

### About Us

Belmont Cambridge Health Care is a small pediatric practice that serves the Cambridge/Belmont/Arlington/Watertown area since 2005. All of our physicians and nurse practitioner are board certified. We are affiliated with Boston Children's Hospital and are members of Boston Children's Hospital's Primary Care Alliance. Our providers take part in the residency programs at MassGeneralBrigham's Pediatrics and Harvard School of Medicine.

### Hours of Operation

Sunday: Closed

Monday: 8:00 AM– 5:00 PM Lunch: 12:00 PM—1:00 PM

Tuesday: 8:00 AM– 5:00 PM Lunch: 12:00 PM—1:00 PM

Wednesday: 8:00 AM– 5:00 PM Lunch: 12:00 PM—1:00 PM

Thursday: 8:00 AM– 5:00 PM Lunch: 12:00 PM—1:00 PM

Friday: 8:00 AM– 5:00 PM Lunch: 12:00 PM—1:00 PM

Saturday: 9:00 AM- 12:00 PM– Urgent Appointments Only\*

\*Time may vary

### After Hours Care

One of our providers is always on-call and can be reached for emergencies after hours. You can reach the on-call provider by calling our main number (617-491-5111). Your call will be answered by our answering service who will page the provider on-call.

### New Patients

We welcome new patients to our practice! Please call our main number (617-491-5111) to set up a new patient appointment.

Before your first appointment with us, please have any past medical records sent to our office (799 Concord Ave, Ste. 4, Cambridge, MA 02138 Fax# 617-491-5222). **New patients will not be seen until any past records have been received.**

### Evidenced Based Care

Our practice follows the guidelines and recommendations provided by the American Academy of Pediatrics (AAP).

### Our Services

Our practice, as your medical home, is a central resource for all of your child's care needs. You are welcome and invited to participate in all aspects of your child's care.

We offer:

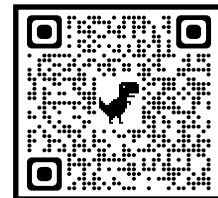
- ◆ Wellness checkups and preventive care
- ◆ Immunizations
- ◆ Same-day visits for illnesses and other concerns (including weekends)
- ◆ Services and support for children with special health care needs
- ◆ Mental health and social support
- ◆ Virtual visits
- ◆ Access to interpreter services

### MyChart Online Patient Portal

Our online portal allows you to:

- ◆ Send your Provider a Message
- ◆ Request Prescription Refills
- ◆ Manage Your Appointments
- ◆ Access Your Test Results
- ◆ Print School Health Forms
- ◆ Fill Out Pre-Visit Screenings
- ◆ Pay Your Bill
- ◆ And MORE!

**Open the camera on your phone and scan to sign up today:**



## **Your Health Care Team**

### **Providers**

*Provides the full scope of primary care services, including but not limited to, diagnosis, treatment, coordination of care, preventative care and health maintenance*

- ◆ Gopal Gupta, MD
- ◆ Erin Mahony, MD
- ◆ Mary Alexander, MD
- ◆ Daniele Lerner, MD
- ◆ Maryia Kornilova, NP

### **Nurses**

*Responsible for rooming patients, taking vitals, administering hearing and vision tests, administering immunizations, and providing telephonic clinical advice, education, and triage*

- ◆ Erika Gallagher, RN
- ◆ Amanda Coutler, RN
- ◆ Rachel Chapman, RN

### **Medical Assistants**

*Responsible for rooming patients, taking vitals, administering hearing and vision tests, and administering immunizations*

- ◆ Jackie Bonacci, RMA
- ◆ Maddie Wilson, RMA
- ◆ Kerri Bonacci, MA

### **Practice Manager**

*Supervises the operational, human resource, administrative and business functions of the practice*

- ◆ Kerri Bonacci
- ◆

### **Receptionists**

*Responsible for answering telephones, scheduling appointments, and handling patient check-in/out*

- ◆ Hawo Mohamed
- ◆ Carmen Hernandez

### **Medical Home Care Coordinator**

*Coordinates services and follow-up for patients with complex medical, behavioral, and socio-economic needs*

- ◆ Jackie Bonacci, RMA

## **Insurance**

We accept the following insurances: Aetna, Allways, BCBSMA, Cigna, Fallon Community Health Plan, Coventry (HCVM, Harvard Pilgrim Health Care, Humana, Multiplan (PHCS), Tufts Together with BCH ACO, Tufts Health Plan, United Health Plan

Self-Pay- If you do not have health insurance or/if we do not accept your health insurance, payment in full is due at the time of your visit.

If you have questions about your insurance, please contact your insurance company or our billing coordinator Helen at 781-395-1972.

### **Billing**

*Work to ensure that patients are eligible for services and then apply the appropriate charges to their insurance or personal accounts*

- ◆ Helen Mills

### **Coordinating Care Outside the Practice**

Before scheduling an appointment with a specialist, please call our office. We are affiliated with Boston Children's Hospital and refer to them for specialist providers.

Our providers can provide many advanced primary care services in the office, such management of asthma, ADHD and acne and more. Your child's provider will work with you to determine if a visit to a specialist is needed.

If your child does receive care at an outside facility, such as a specialist office or emergency room, please ask the outside facility to send the records to our office after your visit so we can be sure we have all the information needed to best serve your child. Some plans require an authorization from your insurance company to see this specialist, urgent care, etc. We will need the following information to process this:

- Specialist name
- National Provider Identifier Number (NPI)
- Date of service
- Phone number
- Fax number
- Reason for appointment
- Number of visits

## Well Child Care and Immunizations

Preventive health care, including immunizations, is very important in keeping your child healthy. We follow all preventive health care recommendations of the American Academy of Pediatrics as described in the table below.

### Our Well Visit Schedule

|          |  |           |   |
|----------|--|-----------|---|
| Newborn  | This is the first visit to our office after the child is born, typically at 1-2 days | 12 months | Growth and development, immunizations<br>lead screening, hemoglobin screening,                                  |
| 2 weeks  | Growth and development, weight check   | 15 months | Growth and development, immunizations   |
| 1 months | Growth and development   | 18 months | Growth and development, immunizations   |
| 2 months | Growth and development, immunizations  | 24 months | Growth and development, lead screening,<br>hemoglobin screening   |
| 4 months | Growth and development, immunizations  | 3 years   | Growth and development, vision screening,<br>lead screening, hemoglobin screening                               |
| 6 months | Growth and development, immunizations  | 4 years   | Growth and development, vision and<br>hearing screening, lead screening,<br>hemoglobin screening, immunizations |
| 9 months | Growth and development, catch up on any<br>missed immunizations                      | 5+ years  | Yearly well visits with immunizations at 11<br>and 16 years with periodic hearing and<br>vision screening       |

### Immunization Schedule

We follow the CDC's recommended vaccine schedule, available here: <https://www.cdc.gov/vaccines/parents/schedules>

| Age              | Vaccines   | Age       | Vaccines   | Age                          | Vaccines                                   |
|------------------|--|-----------|--|------------------------------|--|
| Birth            | Hepatitis B  | 15 months | HiB<br>PCV   | 11-13 years                  | Tdap<br>Meningococcal AYC<br>HPV ( 2 dose) |
| 2, 4, & 6 months | Vaxelis (DTaP, Polio, HiB, Hepatitis B)<br>PCV13<br>Rotavirus (oral) | 18 months | DTaP<br>Hepatitis A                                | 16 years                     | Meningococcal AYC<br>Meningococcal B       |
| 9 Months         | None   | 2 years   | Hepatitis A (if not given at 18 months)            | Annual<br>(6 months & older) | Flu Vaccine                                |
| 12 months        | MMR<br>Varicella (chicken pox)<br>Hepatitis A                        | 4-6 years | MMR/Varicella (combined)<br>DTaP/ Polio (combined) | 6 months & older             | COVID-19                                   |

### Additional Patient Education and Resources:



