

## In support of WellCare

### Everyone knows a WellCare mom ...

WellCare Foundation's mission is to provide free, integrated, primary health care to single working mothers and their children who are not reliant on state assistance and cannot afford the cost of health insurance or to pay out-of-pocket for needed care. The 2006 Census reported there are more than 175,000 single-mother households in Maricopa County without health care.

The Trends Charitable Fund supports WellCare's Access to Healthcare Program. With five clinic sites in the Valley, WellCare Foundation seeks to increase and improve access to health care through medical, oral and mental health services for our underserved and uninsured single working mothers and their children. WellCare is the only organization that provides free holistic health services to this large group of the uninsured working poor who so often fall through the cracks of the current health care system.

Founded in 1999, WellCare's integrated health care model is designed to have long-term community impact by improving quality of life for our mothers and children, and helping these families continue to work, study and be positive contributors to their communities. Our network of 150 volunteer licensed health care providers and collaborative partners provide a seamless continuum of care.

### Our integrated and comprehensive approach to health care heals the whole person ...

What makes integrated health care unique is the communication of information among the health care team members related to patient care and the establishment of a comprehensive treatment plan to address the biological, psychological and social needs of the patient. The health care team includes a diverse group of practitioners, including physicians, registered nurses, dentists, counselors, nurse practitioners, physical therapists and other specialties depending on the needs of the patient.



### How you can help ...

*Volunteer Health Care Practitioners:* As a health care practitioner, you know there's no greater influence in quality of life than one's health. Single, working mothers provide all they can to their families, but it is their health and the health of their children that suffers the most when times get tough. At WellCare, our volunteer practitioners focus on improving the health and wellness of these women and their children. Time commitment: two patients each month.

*Other Volunteer Opportunities:* Events: Help organize and market WellCare's signature fundraiser. Secure sponsorships, auction items, and help in the setup of the big event. Time commitment: 3 to 5 hours per month.

*Administration:* Help in the office, such as coordinating mailings or putting together marketing and practitioner packets. Time commitment: flexible.

*Donations:* We greatly appreciate each and every donation we receive as your monetary contribution ensures that WellCare mothers and children receive the quality health

care they need. This funding and support helps to cover the costs associated with vitamins, medications and supplements, medical equipment and supplies, focused programs to address serious health issues, patient transportation, and our outreach and expansion efforts.

You can assist WellCare's day-to-day operations by providing access to these needed items and services: blood pressure cuffs, pedometers, thermometers, stethoscopes, disposable linens, offset or digital printing, fitness center discounts/passes, natural food store discounts, nutritional education materials, glucometers, CardioCheck meters and test strips, children's books and office supplies.

*We strive to meet the unique needs of each family we serve. Whether you're a single parent, a health care practitioner or a concerned member of our community, learn how you can be a part of WellCare ...*

*For more information about the WellCare Foundation, please visit [www.wellcarefoundation.org](http://www.wellcarefoundation.org) or call Anne Gill at 602.263.7619.*