

## **WELCOME NEW PATIENTS!**

Middle Way Health is always taking new patients and clients. Please see our STAFF PAGE for practitioner/clinician bios and specialties.

## **INSURANCE**

We accept private pay clients, as well as the following types of insurance:

*Aetna*

*HealthNet*

*MHN*

*SutterSelect & Sutter Health Plus*

*Optum*

*United Health Care*

*United Behavioral Health*

*EAP (Employee Assistance Programs) through MHN, Aetna and Sutter*

We now also accept *Medi-Cal*. Please call to verify that we accept your plan and your level of eligibility.

## **APPOINTMENTS**

Appointments are required for counseling sessions and can be made by calling our office at (916) 492-9007.

## **BEFORE YOU COME**

Please note that we do not have childcare in house and are not wheelchair accessible. Registered Service, Support and Companion Dogs are welcome.

Please have your paperwork completed before you come and arrive 10 minutes early prior to your first appointment.

## **PARKING & PUBLIC TRANSPORTATION**

We do not have our own parking lot, but there is free on-street parking.

The bus stops nearest our office are located at: 29<sup>th</sup> & G Street / 30th & G Street / J Street & Alhambra Blvd.

**\*For all other inquiries, please call our office at (916) 492-9007.**