“For he who has health has hope, and he who has hope has everything.”

~Owen Arthur
WHAT DO OUR CONSUMERS SAY?

“As a consumer with chronic diabetes as well as bi-polar disorders, it is essential that my provider be aware and treat all of me. For me this is Total Wellness”

~ Linford G.

“My quality of life reflects my Total Wellness”

~ Nancy W.

WHO WE SERVE?
San Mateo County BHRS (Behavioral Health and Recovery Services) adult and older adult clients. We accept MediCal, MediCare, ACE, MCE, and uninsured clients.

WHAT DOES TOTAL WELLNESS PROVIDE?

- Access to Primary Care Services
- Care Coordination by Nurse Care Manager
- Individualized Health Education
- Health Education Groups:
  - Nutrition & Exercise
  - Smoking Cessation
  - Well Body
  - WRAP
  - Walking Group & Physical Activities
  - Monthly Health Classes
- Peer Wellness Coaching
- Wellness Follow-up
- Healthy Living Celebrations

PROGRAM MONITOR & PROJECT DIRECTOR

Bob Cabaj, MD (650) 573-2043

UNIT CHIEF

Shirley Chu, LCSW (650) 372-8510

PRIMARY CARE

Alvin Lau, MD (650) 372-6275
Mary Jo Tierney, NP (650) 363-4112 Ext. 208

REFERRALS

Central County
Julie Monheit, RN, MS (650) 573-3505

South County
Juliana Bursten, RN, MN (650) 363-4112 Ext. 201