

# Compass Health Network's New Partnership with The Food Bank

## The Food Bank and Compass Health Network Announce Partnership, Healthcare Tenancy in New Central Pantry Location

The Food Bank for Central & Northeast Missouri and Compass Health Network are announcing a new partnership that will install Compass Health Network as a tenant in the new Central Pantry location on the Business Loop. Central Pantry is owned and operated by The Food Bank, and the new location is currently under renovation with plans to open later in the fall. To help provide community members with access to healthcare services in a convenient location, Compass Health Network will begin operating preventive and primary healthcare services out of the new Central Pantry location at that time.

The existing Central Pantry on Big Bear Boulevard provides food at no cost to around 10,000 Boone County residents each month. The new location will offer a larger and more accessible retail space with a grocery store-like atmosphere; a demonstration kitchen for nutrition education and training; and a 1,108 square foot healthcare tenant space built to Compass Health Network's specifications to best serve the needs of our community.

*"Food insecurity is often coupled with other challenges, including lack of access to healthcare," said Karen Cade, VP of Corporate Services, Central Region, for Compass Health Network. "Since Compass Health Network is dedicated to engaging and empowering communities, partnering with The Food Bank to support whole-person wellness and reduce barriers to access is a natural progression of our work. We can't wait to*

*begin service alongside this important community resource that will transform healthcare efforts – as well as hunger action – in our area.”*

Compass Health Network utilizes a sliding fee program to reduce barriers to those accessing health services. While neighbors utilizing the clinic will be charged for care, those who qualify will benefit from Compass Health Network’s reduced fees. Compass Health Network and other community partners will also offer screenings, vaccinations and other preventive healthcare measures at no cost during planned events throughout the year.

*“Food is the foundation for so many aspects of life, including health and wellness,” said Lindsay Young Lopez, President and CEO of The Food Bank. “While our new Central Pantry location will act as a hub for hunger action in Boone County, we’re looking forward to nurturing programming that better nourishes the whole person. We are so grateful to enrich the offerings available to our neighbors with this new Compass Health Network partnership.”*

The agreement between The Food Bank and Compass Health Network secures Compass as a tenant in the new Central Pantry for the next five years. In addition to healthcare, the new Central Pantry location will host a number of other visiting services that will bring much-needed support to neighbors, including information on Medicaid, SNAP, health insurance, utilities assistance, legal support and more.

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## **Does Medicaid Cover Dental**

# Care for Adults?

Medicaid is part of the safety net that protects America's most vulnerable citizens. It provides health coverage for nearly 85 million eligible American adults and children.

There are many aspects of health care that are overlooked. Dental care is one of those areas, and neglecting it results in poor health outcomes.

The good news is that many states have adopted Medicaid expansion programs that include dental coverage for both children and adults.

Read on to answer the question: does Medicaid cover dental care for adults in Missouri? Explore topics such as why oral hygiene is important and using Medicaid to achieve a beautiful smile.

## **Why Is Dental Care Important?**

Routinely going to the dentist is about more than fresh breath and white teeth. Instead, medical researchers understand that oral hygiene improves your overall health.

For starters, your dentist ensures that you do not have any signs of oral cancer. Many people are surprised to learn that there is a link between plaque and heart disease. Plaque serves as a host to harmful bacteria.

This bacteria can yield a fatal disease called bacterial endocarditis. Here, heart valves and the lining of the heart become enlarged. Bacteria found in plaque also contribute to chronic obstructive pulmonary disease (COPD).

Did you know that dental patients with diabetes are at greater risk of oral health issues? Gum disease is a common outcome when your body can no longer adequately maintain blood sugar levels. This ultimately leads to bone and tooth loss.

There is also a link between oral health and osteoporosis. Dental patients with osteoporosis often experience bone loss in the jaw and gum disease. Without regular visits to the dentist, you are vulnerable to losing teeth.

### **Does Medicaid Cover Dental Care for Adults in Missouri?**

Missouri's Medicaid program does cover dental care for both children and adults. This means that you can go to a dental provider like Compass Health Network that accepts Medicaid.

This is exciting news and gives you access to preventative and restorative dental care. On the preventative side, you can get X-rays, fluoride treatments, and cleanings. As we mentioned earlier, removing plaque eliminates dangerous bacteria from moving to the heart and lungs.

Medicaid also covers restorative dental care. If you have a cavity, for example, you may need a filling or sealant.

In more extreme cases, the tooth is beyond saving. The dentist will recommend a tooth extraction. This procedure is also covered by Medicaid.

Crowns and bridges are required when a tooth is significantly damaged or lost. When many teeth fall out, dentures are a potential solution. Fortunately, Medicaid provides protection for all these dental procedures.

### **Your Guide to Medicaid Dental Coverage in Missouri**

Frequently seeing a dentist is imperative to maintaining healthy teeth and gums. Dental care for adults is now possible in Missouri and you can receive preventative or restorative care.

This means you can use Medicaid for your 6-month checkup or for getting a cavity filled. If you are still asking does Medicaid cover dental care for adults, contact us today to speak with a medical biller.

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# How to Manage Mental Health Symptoms

Do you find yourself struggling with mental health or do you have a loved one that is suffering?

You and your family aren't alone. In fact, millions of people struggle with mental health issues their entire lives.

Mental health symptoms can manifest in various ways, such as anxiety, depression, and mood swings, among others. These symptoms can impact an individual's daily life, work, relationships, and overall well-being. Fortunately, it's possible to manage symptoms with the right approach.

Here we discuss some tips for managing mental health symptoms. Keep reading to learn more.

## **Identify Your Triggers**

The first step in managing mental health symptoms is identifying your triggers. Triggers are situations or events that can exacerbate your symptoms. For instance, if you have social anxiety, crowded spaces may be a trigger for you. Identifying your triggers can help you avoid them or prepare for them.

Try to keep a journal of situations that trigger your symptoms. Over time, you'll be able to identify patterns and develop coping strategies for improving your mental wellness.

## **Seek Professional Help**

If you're experiencing mental health symptoms, it's crucial to seek professional help. Mental health professionals can provide a diagnosis, develop a treatment plan, and offer guidance and support.

You can seek help from a therapist, psychiatrist, or counselor. You can also consult your primary care physician or a trusted friend or family member for recommendations.

### **Practice Self-Care**

Self-care is an essential aspect of managing mental health symptoms. Self-care activities can help reduce stress, boost your mood, and improve your overall well-being. Self-care activities could include exercise, getting enough sleep, practicing mindfulness, or engaging in a hobby you enjoy.

Make it a priority in your daily routine. Keep in mind that self-care is necessary for good mental health.

### **Build a Support Network**

Having a support network is crucial for managing mental health symptoms. Your support network could include family members, friends, or mental health professionals. It's essential to have people in your life who you can talk to and rely on for support when you're struggling.

If you don't have a strong support network, consider joining a support group. You could also connect with others through online forums or social media. Many communities and resources are available for people with mental health conditions.

### **Practice Mindfulness**

Mindfulness is a technique that can help you stay present in the moment. It can reduce feelings of anxiety and stress. Techniques include mindfulness meditation, deep breathing exercises, or simply taking a few minutes to focus on your senses and surroundings.

Practice mindfulness regularly, even if it's just for a few minutes each day. It can help you feel more grounded and centered, which can reduce the impact of mental health symptoms.

### **Consider Medication**

If your symptoms are severe, you may benefit from medication.

Medication can help alleviate symptoms such as anxiety or depression. However, medication should always be taken under the guidance of a mental health professional.

#### Tips for Anyone Struggling with Mental Health

It's no secret that anxiety and depression can make it difficult to have a happy and healthy lifestyle. Fortunately, this guide to tips for anyone struggling with mental health show that the help you need is within reach.

Please [contact us](#) today to learn how the professional at Compass Health can help you find the mental health resources that can improve your quality of life.

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## Which Health Services Are a Part of Primary Care?

Did you know that a growing number of Americans are declining primary care? According to a recent survey, more than 100 million Americans are not seeing a primary care physician (PCP). Even more alarming is that roughly 25 million are children.

This means that these individuals are putting off preventative medicine. Instead, they are reactive and waiting to get sick. Ultimately, this leads to negative health outcomes and costlier bills.

Read on for a comprehensive guide to primary health care. Explore what health services are included in primary care and why family medicine is so important to overall health.

### What Is Primary Health Care?

A PCP is a medical doctor that handles your overall health.

PCPs are also synonymous with family medicine. Many families visit the same doctor together, whether they are an adult or a child.

PCPs see patients for common illnesses. If you have the flu or an infection, a PCP is your first line of defense.

After an evaluation, the PCP determines if they can treat you or if a specialist is necessary. In cases where a specialist is necessary, your PCP refers you to another doctor or practice.

PCPs also handle your preventative health care. They are responsible for following the recommended vaccination schedule.

In children, they check weight and height to make sure the child is growing properly. Vaccinations are administered at the PCP's office.

Topics like behavioral health and even dental care are covered at your regular checkup. The point is to pre-emptively identify any issues and direct the family to a specialist that can treat it.

### **What Health Services Are Offered by Your Primary Care Physician?**

PCPs are like a jack of all trades in the medical community. They are responsible for your overall health and have vast knowledge of the human body.

If you're sick with bacterial or viral ailments, a PCP can help. They check your heart, lungs, ears, and throat to find the potential cause.

Your PCP is going to order blood work as part of your preventative care. Here, they check your glucose levels and to make sure your cholesterol is normal. If they find something abnormal, the doctor may prescribe prescription drugs or refer you to a specialist.



They also test for viral illnesses like influenza or Covid-19. To prevent these viruses from taking root, your PCP administers vaccinations and booster shots each year.

PCPs also help you manage chronic conditions. For instance, your family doctor helps you deal with diabetes on a daily basis or even achieve weight loss goals.

As a result of this focus on overall health, there is a direct link between PCPs and life expectancy. The supply of 10 new PCPs in the United States improves life expectancy by more than 51 days.

### **Your Guide to Primary Health Care**

You now understand the importance of primary health care. Regularly seeing a PCP is proven to improve your life expectancy and help your overall health.

If you find yourself interested in seeing a primary care physician in Missouri, contact us today to schedule an appointment.