

Have you signed up for our Patient Portal?

Scan the QR code below and it will take you to our website where you can find the patient portal and get signed up. All you do is open your camera and hold the phone, so the entire QR code is visible in the frame (you don't need to take a picture). Once the QR code has been read, a notification will appear at the top of your screen. Tap it to follow the link contained in the code



Coming Soon: Retinal Eye Exams at WeCare’s Scotia Location!

WeCare is excited to announce that we will soon be offering **retinal eye exams** at our **Scotia clinic**—bringing another important preventive health service closer to home for our patients.

Why Are Retinal Eye Exams Important?

Retinal eye exams are a vital tool in maintaining overall eye health and detecting serious medical conditions early. Using special imaging, these exams allow providers to get a clear view of the retina, optic nerve, and blood vessels at the back of your eye—areas that are otherwise difficult to assess.

Who Should Get a Retinal Eye Exam?

- Individuals with **diabetes or high blood pressure**
- Patients with a **family history of eye disease**
- Adults over **age 60**
- Anyone experiencing **vision changes** or eye discomfort

We’re proud to expand our services to include this important form of preventive care. Stay tuned for updates on scheduling availability at our Scotia location—and remember, early detection can save your sight!



WeCare is Striving to Provide a Patient-Centered Medical Home

At The WeCare Group, we are proud to continue our mission of delivering compassionate, high-quality care to the communities we serve. A key focus of that mission is our ongoing commitment to becoming a *Patient-Centered Medical Home* (PCMH)—a model of care that puts patients at the heart of every decision.

Becoming a Patient-Centered Medical Home helps us deliver better care, improve patient outcomes, and build stronger relationships with the individuals and families we serve. It’s about more than just treating illness—it’s about supporting lifelong wellness, respecting every patient’s unique needs, and ensuring that no one feels like just a number.

At WeCare, we are not just your healthcare provider—we are your partner in health. Our journey toward PCMH recognition is one more way we are striving to provide the very best in community-based, patient-centered care.

Weaverville Health Center Opening Soon...

WeCare is thrilled to announce the acquisition of a significantly larger facility located off Highway 3 in Weaverville! With this exciting move comes a new name that better reflects our vision and future goals—**WeCare at Weaverville Health Center**. Trinity Dental Center will be relocating to this new space and open for business July 1st.

Community Outreach! Come out and see us!!

WeCare will be setup at the following community events over the summer, come on out and say hello, grab a new patient packet and some free goodies!

- Trinity County Fair - July 12th
- Fortuna Rodeo Parade - July 19th
- Bridgefest - August 16th
- Wildwood Days - August 2nd & 3rd

Mailing Address

WeCare Group

P.O. Box 7

Scotia, CA 95565

Mad River

Phone (707) 574-6616

Fax (707) 574-6523

Monday to Thursday

8:00am to 6:30pm

Scotia

Phone (707) 764-5617

Fax (707) 783-3511

Monday to Thursday

8:00am to 6:30pm

Weaverville

Phone (530) 623-8888

Fax (530) 623-8887

Monday to Thursday

8:00am to 6:30pm



The Importance of Oral Health: More Than Just a Smile

When we think of health, we often focus on things like blood pressure, cholesterol, or diet. But did you know your oral health is just as important—and can even affect the rest of your body?

Why Oral Health Matters

Healthy teeth and gums are not just about avoiding cavities or fresh breath. Poor oral health has been linked to serious conditions such as:

- **Heart disease**
- **Diabetes**
- **Respiratory infections**
- **Pregnancy complications**
- **Cognitive decline in older adults**

Bacteria from the mouth can enter the bloodstream and contribute to inflammation throughout the body. That’s why regular dental care is an essential part of preventive healthcare.

Simple Steps to Protect Your Smile

Maintaining good oral hygiene is easy with these daily habits:

- Brush twice a day with fluoride toothpaste
- Floss daily to remove plaque between teeth
- Limit sugary snacks and drinks
- Drink plenty of water
- Avoid tobacco products
- Visit your dentist every 6 months for a cleaning and exam

For Kids: Start Early!

It’s never too soon to start good oral care. Children should have their first dental visit by age 1 or within 6 months of their first tooth. Early dental care helps prevent cavities and gets kids used to the dentist in a positive way.

WeCare Is Here to Help

Our clinics support total wellness—including your smile. Ask your primary care provider about dental refer-

The Importance of Well-Child Visits & Immunizations: Keeping Our Kids Healthy from the Start

At The WeCare Group, we believe that every child deserves a healthy start in life. One of the most effective ways to ensure that is through regular well-child visits and timely immunizations. These appointments are more than just routine checkups — they’re a cornerstone of lifelong health and prevention.

What Are Well-Child Visits?

Well-child visits are scheduled checkups that allow healthcare providers to assess a child’s growth, development, and overall health. These visits also provide an opportunity to:

- Track developmental milestones
- Address parental questions and concerns
- Screen for hearing, vision, and behavioral health
- Offer guidance on nutrition, safety, and sleep
- Administer necessary immunizations

Recommended Timeline for Well-Child Visits

According to the American Academy of Pediatrics (AAP), well-child visits are recommended at the following intervals:

- **First Year:** At birth, 3–5 days, 1 month, 2 months, 4 months, 6 months, 9 months
- **Toddler Years:** 12 months, 15 months, 18 months, 24 months, 30 months
- **Preschool and School Age:** Annually from age 3 through 21

These visits are essential for identifying and addressing issues early — before they become bigger problems.

Immunizations: A Proven Line of Defense

Vaccines protect children from serious illnesses such as measles, mumps, polio, hepatitis, and whooping cough. Sticking to the recommended immunization schedule not only protects your child, but also helps protect those who are too young or unable to be vaccinated.

Key Vaccines by Age:

- **Birth to 6 Months:** Hepatitis B, DTaP, Hib, Polio, Rotavirus, Pneumococcal
- **12–18 Months:** MMR, Varicella (chickenpox), Hepatitis A
- **4–6 Years:** DTaP, Polio, MMR, Varicella
- **11–12 Years:** Tdap, HPV, Meningococcal
- **16+ Years:** Meningococcal booster, COVID-19 (as recommended)

Partnering with You

At WeCare, our providers are here to walk alongside you through every stage of your child’s development. We aim to make each well-child visit informative, supportive, and empowering for both parents and children.

Tip: Bring a list of questions or concerns to your child’s visit — no issue is too small to discuss when it comes to your child’s health.