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Marianas Health, LLC



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## Insurances Welcomed

Marianas Home Care works with and accepts the following insurance:

- Medicare (Part B)
- Medicaid
- Moylan's Insurance
- Calvo's Insurance
- Staywell Insurance
- AETNA Global
- Tri-Care
- Blue Cross / Blue Shield
- Workman's Compensation
- Self-Pay
- Tri-West
- Veterans Affairs
- Other Commercial Insurance



Other Services Available... As part of our quality care, PWC provides referrals to other providers:

### **SAGAN HINEMLO' FAMILY CLINIC, LLC**

*(Women & Mens Health, Physical Exams, and More)*

### **MARIANAS HOME CARE & HOSPICE, LLC**

*(Skilled Nursing, Physical Therapy, Social Services, etc.)*

### **ALLIED MEDICAL SUPPLIES, LLC**

*(Affordable, quality medical equipment, supplies and more)*



Contact us at

Tel.: 233 - 4646 (Saipan & Tinian) | 532 - 4647 (Rota)

Fax : 233 - 4648

Marianas Health Building  
#2588 Wischiira, Oleai, Saipan

Sagan Hinemlo' Family Clinic - Suite 101

Pacific Wellness Center - Suite 102 - 103

Marianas Home Care - Suite 201

Allied Medical Supplies - Suite 104

P.O. Box 10003 PMB 1341

Saipan, MP 96950



Goals | Wellness | Life



**Shaping a Healthier Community  
One Person at a Time**



- **OUTPATIENT PHYSICAL THERAPY**
- **HEALTH & WELLNESS PROGRAM**
- **LYMPHEDEMA CLINIC**
- **U.S. VETERANS AFFAIRS CERTIFIED REHABILITATION CLINIC**

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## PWC's Goal!

The goal of PWC is to help shape a healthier community one person at a time. This is accomplished by offering a variety of services to address the prevention, intervention and treatment needs of each client. Here at PWC, we offer such services as Outpatient Physical Therapy, Health and Wellness Programs, and a Diabetes Center.

## Outpatient Physical Therapy

At PWC, our U.S. Certified and trained Physical Therapists offer caring and effective solutions.

## Lymphedema Treatment

Lymphoedema can't usually be cured but it can be controlled. The aim of treatment is to:

- Reduce swelling when possible
- Prevent problems, such as infection
- Help you to live as normally as possible



PWC's professional and caring staff will work with each patient and their family members by:

- Developing an achievable Plan of Care
- Establishing rehabilitative goals to achieve maximum mobility
- Learning and training on techniques to increase rehabilitation potential
- Establishing assessment and treatment strategies
- Relieving pain through various pain management techniques

Our professional and friendly staff at PWC will work with the individual needs of each client from care, billing, and other services needed to ensure maximum and affordable health care.

### Veterans Affairs Certified Rehabilitation Clinic

The Department of Veterans Affairs (VA) provides a nationwide system of healthcare services and benefits programs for America's Veterans.

VA Certified Rehab Clinic like the Pacific Wellness Center (PWC), is one of the approved and certified provider in Saipan that accepts VA members as long as there is an approved Authorization to be seen by Physical Therapist to restore, maintain, and promote not only optimal physical function but, optimal wellness and fitness, and optimal quality of life as it relates to movement and health. Prevent the onset, symptoms and progression of impairments, functional limitations and disabilities that may result from diseases, disorders, condition or injuries.

### Health & Wellness Program

PWC believes that by developing innovative and proven programs, we can address the issues of lymphedema, obesity, hypertension, and other chronic diseases; and by providing the support system to help those individuals who want to control, maintain, manage, and prevent these health complications, the CNMI will become a healthier community.



The benefits of the Health & Wellness Program consists of the following during different times of the day to try and accommodate your changing schedule:

- Yoga (Evening Sessions)
- Pilates (Morning, Evening & Weekend Sessions)
- Muscle & Core Strengthening
- Group & Corporate Wellness
- One-on-one Session (Time Vary)

\*Additional charges may apply



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