

Wellness programs

Maintaining your health is the primary goal of the Escambia Employee and Family Health Care Center. We want to help you get well and stay well by giving you the information and tools you need to develop and maintain a healthy lifestyle.

Some of the wellness programs that we offer on a recurring basis are:

- Diabetes management and nutrition
- Living with heart disease
- Weight loss
- Smoking cessation
- Blood pressure monitoring
- Developing your personal exercise program
- Health coaching
- Seminars on various health topics

What we do

The Health Center provides prompt, thorough, urgent and follow-up care for personal injuries and illnesses. We also provide diagnostic and therapeutic treatment and offer programs to improve your health and keep you and your family healthy for the long term. Our medical staff plays a crucial role in the diagnosis and management of common health conditions and provides support to get the most appropriate care.

In addition, we offer many health and wellness seminars and health coaching.



Our Services

Treatment for:

- Sinus infections
- Flu or colds
- Ear infections
- Sore throats/strep throat
- Lacerations, cuts, abrasions
- Sprains and strains
- Minor infections
- Skin irritations
- Minor burns

Preventive care:

- Children's school physicals
- Sports physicals
- Adults immunizations
- Flu shots
- Health coaching and education

Address 2257 N. Baylen Street
Pensacola, FL 32501
850.595.1949

Hours Mon: 7 am - 6 pm
Tue: 8 am - 1 pm
Wed - Fri: 8 am - 5 pm
Sat: 8 am - 1 pm

Directions

From North: Take I-110 South to exit 3, turn right in Maxwell st. then right on Baylen st. Or take Palafox st. South, take a right on Maxwell st, and then a right turn on Baylen st.

From South: Take Palafox st. North, turn left on Maxwell st. then right on Baylen st. Whichever route you choose, the clinic will be on the left.



Escambia Employee and Family Health Care Center



**Escambia County
Sheriff's Office**

What to expect

When you visit your Health Care Center you will receive high-quality medical care combined with the educational resources you need to get well and stay well! Our staff is committed to giving each and every patient the respect and attention they deserve and will do everything possible to make sure your Health Care Center visit meets your expectations.

During your first appointment at the Health Center, you may be asked to complete a simple health history questionnaire and provide contact information for your primary care provider.

When you visit your Health Center for medical care, you may also be required to provide identification so that center staff can identify you as an eligible County or Sheriff employee, dependent or retiree.

During your visit, your Health Center provider will take the time to give you a thorough examination and, based on your needs, give you the information you need to understand your health condition and explain your treatment.

If a prescription is provided, you will receive detailed guidance on how you should take your medication and how the medication may affect you. Your health center can send your prescription order electronically to any participating pharmacy for pickup or you can request a standard written prescription if your pharmacy does not accept electronic prescription orders.

How we will work with your current healthcare providers

“Our goal is to serve as an additional medical resource – not as a replacement for your primary care provider.”

Your Health Center provides a high-quality, convenient means of receiving medical care for everyday healthcare needs or acute illnesses or injuries.

However, you should have a primary care physician for you and your family who can manage your long-term healthcare. If you have a chronic condition, you may also need to be under the continuing care of a specialist.

Our goal is to help you find a primary care physician or specialist, if you don't already have one, or to work closely with your current primary care physician or specialist to make sure your healthcare is managed properly.

Who we serve

Your Health Center is for the exclusive use of Escambia County and Sheriff Department employees, dependents, and retirees.

If you have children over age 2

Our children are our most precious resource and deserve the most appropriate medical care we can provide. Appropriate care for children under age 2 generally requires the specialized expertise of a pediatrician. Pediatricians have the specific training required to identify developmental issues and the unique needs of very young children.

That's why your Health Center limits treatment for most illnesses or injuries to children who are 2 years of age and older. If you need help selecting a high-quality pediatrician, your Wellness Center staff will be happy to assist you.

Health Educator

The Health Educator is here to help you meet your personal goals for better health. Whether your target is to quit smoking, lose weight, lower your blood pressure, manage your blood sugar or other issue, the Health Educator can provide one-on-one coaching, valuable information and point you to important resources. All Information discussed will remain confidential.

