



News Release From High Mountain Health

For Immediate Release

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HIGH MOUNTAIN HEALTH MOVES URGENT CARE CENTER TO NEW OFFICES; OPENS IN 246 HAMBURG TURNPIKE, WAYNE, FOR IMMEDIATE MEDICAL CARE

Wayne, NJ – May 5, 2009 – Beginning in May, High Mountain Health now offers Urgent Care medical services 365 days a year, including Sundays, at its newest office in the University Pavilion Building, 246 Hamburg Turnpike, Wayne, adjacent to St. Joseph's Wayne Hospital.

"People who need immediate medical attention would rather not wait for an appointment," said David V. Rasa, M.D., RPh, president of High Mountain Health. "That's why we're making care available every day of the year, including weekends and holidays."

"Urgent care includes bumps, bruises, sprains & strains, sore throats, ear aches and normal ailments in addition to all the reason anyone visits the doctor," Dr. Rasa said. "We know everyone is busy and we see patients quickly without long waits."

Previously, Sunday hours were available only in High Mountain Health's North Haledon office. North Haledon will maintain its regular office hours Monday through Saturday but will no longer be open on Sundays.

The new offices at University Pavilion offer ample parking close to the building, are equipped with the latest medical equipment and utilize electronic medical records. Its proximity to St. Joseph's Wayne Hospital is an added convenience if follow-up care is needed. As a provider of Family Medicine, High Mountain Health treats all ages, from pediatrics through the adult years.

High Mountain Health initially moved its Physical Therapy and Sports Medicine services to the University Pavilion Building in October. In January, a Family Medicine office was opened, which will continue to be offered along with the Urgent Care Services.

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The family physicians of High Mountain Health are certified by the American Board of Family Medicine or the American Academy of Family Practice. In addition to being highly trained, they must re-certify more than any other medical specialty to ensure that they maintain their current knowledge and skill. A continuing medical education program means that our Family Physicians keep up to date on the latest medical treatments, therapies and technological advancements.

High Mountain Health provides unmatched convenience in comprehensive healthcare for patients in the Passaic, Bergen and Morris county areas. In addition, to its offices in the University Pavilion and in North Haledon, High Mountain Health maintains offices at 468 Parish Drive, Wayne; 19 Yawpo Ave., Oakland; and (for pediatrics only) 83 Long Hill Road, Little Falls.

For more detailed information about High Mountain Health, their Website address is www.HighMountainHealth.com.

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