

You helped move mountains this year.





Dorothy is alive today because of your generosity.

Dorothy was scared

She could barely get from her car to the door of the Health Wagon mobile clinic without running out of breath. And one of her legs was severely swollen.

It had been 22 years since she had seen a doctor. She didn't have medical insurance and couldn't afford to pay for medical care out of pocket. And besides, there wasn't a doctor or hospital for miles.

Dorothy is like so many others in Southwest Virginia.

She could barely afford to pay for basic needs, much less medical care.

Dorothy had been homebound for months because of her health issues. She had tried to treat herself with over-the-counter medications. But she wasn't eating right and because of the issues with her legs, she could barely get out of bed.

All of this just made her medical issues worse.

But she found out the Health Wagon mobile unit was going to be in her area and found a way to get there.

As soon as the Health Wagon staff saw Dorothy, they jumped into action. They knew she needed help. She was taken immediately to see a cardiologist where she learned she was in heart failure.

She was given prescription medication to help with her symptoms... and keep her alive.

Over the next few weeks, Dorothy came often to the clinic for follow up. On her first visit back, she had lost nearly 40 pounds of water weight and her legs were no longer swollen. And she could breathe!

“

Dorothy later developed lung cancer, but because of donors like you, her life was saved. Today, Dorothy is working hard to get healthy. She's following her diet, exercising, and taking her medications. She comes to the Health Wagon for her regular checkups.

“

Because of your kind and caring heart, Dorothy is able to have a full life again. And she's going to be around a long time for her family that loves her.

Donors are the heroes that heal the world.



That first visit to the Health Wagon was a turning point for me. I would have died at home if it wasn't for the Health Wagon staff. The nearest hospital is over two hours away.”

The staff is so kind and doesn't judge me. They just help me.”



You're part of Dorothy's story.

You're part of the story of so many families and precious people here in Appalachian Virginia... one of the most poverty-stricken areas of the country.

But because of your kind and caring support, we're here, every single day to respond to the unique medical needs of every individual.

It's a big job you've done.

You've provided routine medical checkups for little ones, provided dental and vision care, and provided tests and treatment at one of the numerous Health Wagon specialty clinics... and everything in between.

You've saved lives.

There are many more like Dorothy.

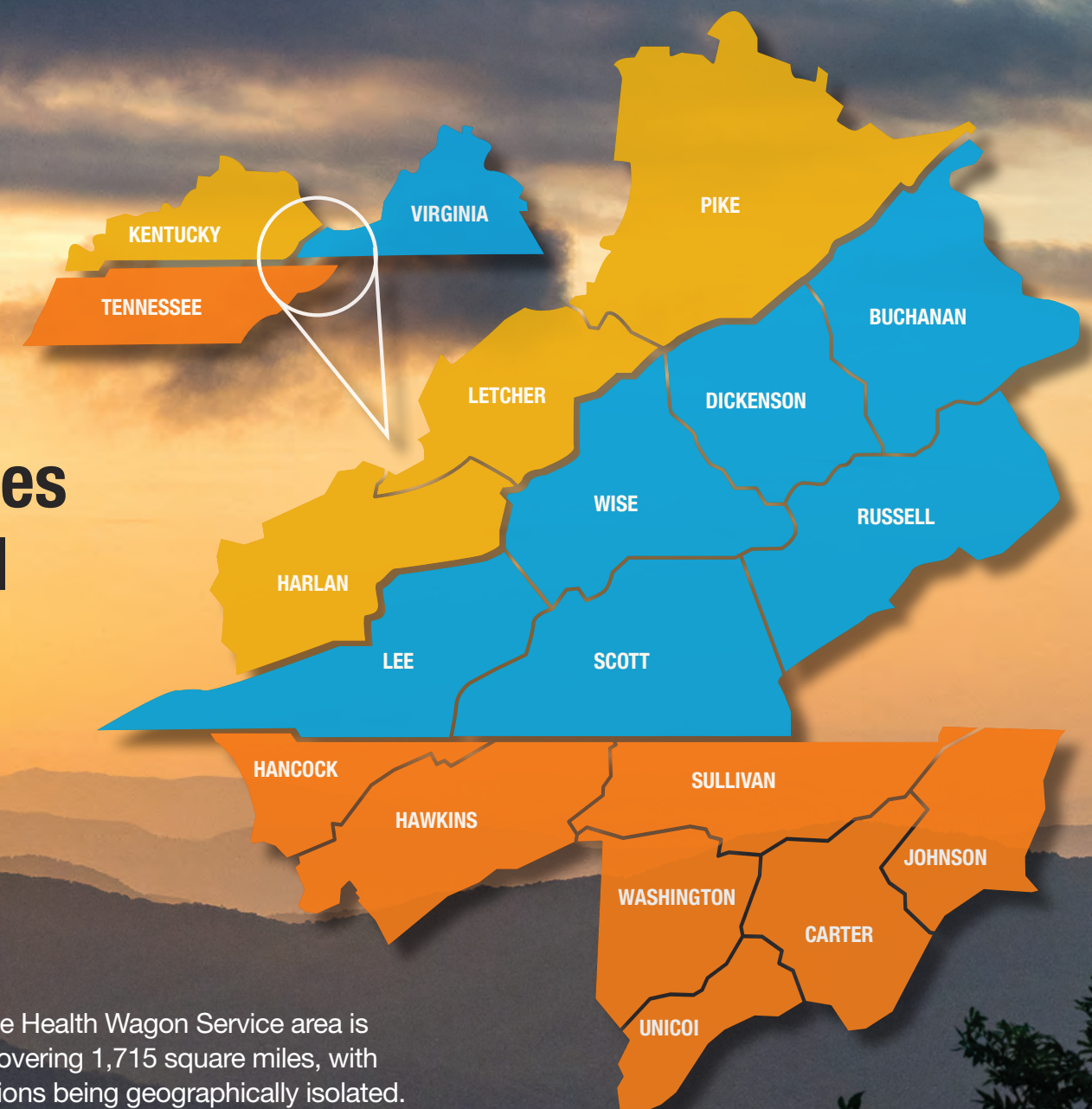
Thank you for your help and compassion. It means the world to so many of our vulnerable neighbors.

Dr. Teresa Owens Tyson, DNP, FNP-BC, FAANP
President and CEO

276-328-8850 | thehealthwagon.org



Counties served



The terrain of the Health Wagon Service area is mountainous, covering 1,715 square miles, with numerous locations being geographically isolated.

Our service area is made up of small rural communities that do not attract the level of services available in urban developed communities.

Many residents lack adequate transportation, rendering them unable to get to doctors or hospitals that are sometimes hours away. Health Wagon Mobile Units, the oldest in the country, solve that problem.

Your support ensures the Health Wagon Mobile Units are able to take health care to these remote areas.



The **NEED** is great.

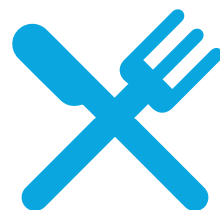
Poverty is a common denominator for all of the children, families, and seniors you've helped.



92% of our patients are unable to meet basic daily needs.



Child care in Virginia costs more per child than the cost of in-state college tuition.



When basic needs like housing, food, and heat can't be met, going to the doctor is a luxury.

Poverty begets poverty

This region once thrived because of the coal industry.

However, as coal mines went out of business, thousands of people lost their livelihoods.

And with no other industry taking its place, entire generations have been flung into poverty.

Property values decrease as people don't have the money for upkeep and maintenance.

The ability to purchase healthy food has even been impacted.

All of this has served to only intensify the poverty issue and health issues of the people living here.

According to the Robert Wood Johnson Foundation, people who live in our service area fall in the top 5% of all people in Virginia for death and disease rates. We have the most vulnerable population in the United States due to age and chronic conditions.



That's why you are so important!
You're saving lives through your support.



Highlights of the year made possible by you.

You made room for even more health care services

Thanks to your amazing generosity, the Give So Others Can Live Campaign to build a new clinic in Clintwood, Virginia has enabled the construction to begin on our new 5,000 square foot stand alone clinic there. Though we already have a presence in Clintwood, the current facility is small and for the first time in our history, we are in danger of turning patients away. Because of your faithful dedication, the doors at the new clinic will open this fall (2020), allowing us to serve more patients in more ways. What an amazing thing you’ve made happen!

You made the way for 19,926 visits

With your help, 4,713 precious people were able to receive medical care 19,926 times. Many of those visits were for everyday ailments, simple eye exams, or dental work. But you provided specialty, acute, and emergency services for people, too. And many times, that care saved lives.

- Cancer was caught early.
- Uncontrolled diabetes became managed diabetes.
- Hepatitis C was cured.
- Stroke level high blood pressure was caught and brought under control.
- Heart failure was caught and reversed



\$1 Support = \$100 in Health Care Value

Every dollar donated to the Health Wagon provides \$100 in health care services.



You helped expand the reach of Mobile Clinics

The Health Wagon Mobile Clinics are the oldest mobile medical programs in the country, bringing health care services to some of the most remote and poorest areas of Southwest Virginia. If it weren't for your care and compassion, these neighbors would have no access to health services at all.

With your support, the Mobile Clinics increased service by 336% over last year.

Because of you, 1,128 patients received care at the Remote Area Medical® Wise County event, hosted by Health Wagon

Children, women, men, young, and old were able to access health care they wouldn't otherwise be able to afford thanks to your kind heart. From general checkups to mammograms and cardiac care to dental and eye care, your generosity made a huge difference in the lives of our neighbors.

Sometimes, this care was literally life saving.

You helped expand Specialty Clinics

Your generosity enabled even more people to access the most expensive health care services through our mobile units and standing clinics.

These services included:

Wound care	Gynecology
Urology	Colposcopy
Endocrinology	Cystoscopy
Cardiology	Mammograms
Pulmonology	Rheumatology
Dermatology	Gastroenterology
Nephrology	Ear, nose and throat
Psychiatry	Movement disorders
Chest x-rays	Substance abuse disorder
Orthopedics	Pain management
Podiatry	Hepatitis C treatment
Dental	Diabetes prevention program
Optometry	Cardiovascular disease management
Hearing	Telemedicine: behavioral health counseling
Psychiatry	



Every service we offer is free. We can't do that without you.

You're truly making a difference in the lives of our most vulnerable neighbors.



72 students from 42 colleges and universities in 12 states and two foreign countries received hands-on training at the Health Wagon thanks to you.



The Health Wagon partnered with the Innovative Readiness Training (IRT) program to provide medical training to soldiers and healthcare to 1,465 of our neighbors.



Soldiers provided free spay and neuter surgeries and vaccinations to 519 family pets, helping families who can't afford veterinary care.

Cherished partnerships



The AstraZeneca HealthCare Foundation

According to the Virginia Department of Health, heart disease and stroke are the number one killer of Virginians. And according to the American Heart Association, individuals with Metabolic Syndrome – a cluster of conditions including high blood sugar, high blood pressure, and high cholesterol – have twice the risk for heart attack or stroke.

Thanks to a generous grant from the AstraZeneca HealthCare Foundation's *Connections for Cardiovascular Health*SM (CCH) program, St. Mary's Health Wagon has been able to serve 5,000 new participants and track the progress toward improved heart health of over 1,500 patients this past year through our Expansion of Heart Health 1,2,3 Comprehensive Cardiovascular Disease Initiative for Diabetes Mellitus, Metabolic Syndrome and Obesity program.

This grant has enabled St. Mary's Health Wagon to provide a targeted intervention that focuses on early detection, prevention and education – and has helped us improve access to best practices and protocols for our patients. Beyond the funding support provided, the AstraZeneca HealthCare Foundation has helped us to build capacity for our program so that we can create awareness, share lessons learned and increase sustainability to continue our program services in the long-term through learning forums and resources like their *Dissemination and Communications Guide* and *Effective Program Practices Guide*.

We look forward to furthering the reach and impact of our program in 2020 thanks to a \$50,000 CCH grant provided by the AstraZeneca HealthCare Foundation to support the continuation of Expansion of Heart Health 1,2,3 and to continue our sustainability efforts so that our community may continue to benefit for years to come.

“We’re so proud of St. Mary’s Health Wagon’s ability to provide programs that make a real, measurable impact. We commend them for the work they are doing to share lessons learned with other organizations so they can benefit from their experiences for years to come.”

**Rich Buckley, Board President
AstraZeneca HealthCare Foundation**



Amy Ponpipom, Secretary, AZHCF; Paula Hill-Collins, NP, PNP, Clinical Director, St. Mary's Health Wagon; Teresa Owens Tyson, DNP, FNP-BC, FAANP, President and CEO, St. Mary's Health Wagon; Rich Buckley, President, AZHCF; Rachel Helton, MBA, Director of Development, St. Mary's Health Wagon; James W. Blasetto, MD, MPH, FACC, Chairman, AZHCF

About the AstraZeneca HealthCare Foundation

Established in 1993, the AstraZeneca HealthCare Foundation is a Delaware not-for-profit corporation and a 501(c)(3) entity, separate from AstraZeneca Pharmaceuticals, organized for charitable purposes including to promote public awareness and education of healthcare issues and support nonprofit organizations consistent with its charitable purpose.

*Connections for Cardiovascular Health*SM (CCH) was launched in 2010 and has received \$35 million in charitable contributions from AstraZeneca to date. The CCH program has provided nearly \$24 million in grants and capacity building to over 50 U.S.-based nonprofit organizations engaged in charitable work at the community level in support of the program's mission to improve cardiovascular health. For information visit, please visit www.astrazeneca-us.com/foundation.

Cherished partnerships

UNITED HEALTH FOUNDATION®

United Health Foundation

Diagnostic and specialty services, such as mammography, ultrasound, x-ray, and dental services are some of the most costly and unattainable for the population in Southwest Virginia.

Thanks to a three-year, \$1 million grant from the United Health Foundation, the Health Wagon will be able to provide these services at no-cost to underserved communities across a six-county service area.

We know from experience that early detection and treatment of disease is vital for improving the health and wellbeing of the people we serve. We welcome the United Health Foundation's partnership in expanding life-saving specialty and diagnostic care for thousands of medically underserved individuals and families living in Southwest Virginia.

“We are proud to partner with the Health Wagon to ensure Virginians in Central Appalachia have access to compassionate, high-quality health care. Ultimately, our shared goal is to help people live healthier lives and improve the health care experience for patients.”

**Tracy Malone, President
United Health Foundation**

To learn more about United Health Foundation, visit www.unitedhealthfoundation.org.



Left to right: Dr. Joseph Smiddy, Paula Hill-Collins, Teresa Owens Tyson, Tracy Malone, Senator Mark Warner, Sister Bernie Kenny.

Health Wagon services provided

- Acute Disease Management
- Behavioral Health Clinics
- Cardiac Clinics
- Cardiovascular Disease Management
- Chronic Disease Management
- Colposcopy Clinic
- Community and Group Lifestyle Coaching Classes
- Cystoscopies
- Dentures (low-cost)
- Dermatology Clinics
- Diabetic Education
- Ear, Nose, and Throat (ENT) Clinics
- Endocrinology Clinics
- Eye Exams and Eyeglasses (fabrication)
- Hearing Aid Assistance
- Influenza Vaccine Clinics
- Lab Services
- Medicare and Medicaid Enrollment
- Medical Therapy Management
- Nephrology Clinics
- Ostomy Clinics
- Pastoral Care
- Pharmacy Connect & Medication Assistance
- Physical Assessments
- Podiatry Clinics
- Pre-Op and Post-Op Surgery Clinics
- Psychiatry
- Psychological Counseling
- Pulmonary Clinics
- Referrals & Follow-Up Systems
- Substance Use Disorder Counseling
- Sports Physicals
- Telemedicine Clinics
- Transportation Assistance
- Ultrasound Clinics
- Urology Clinics
- Urgent Care
- Women's Health Clinic (mammography and pap smears)
- Wound Care Clinics
- X-Ray Clinics



Health Wagon initiatives

- BEAT Diabetes

Becton Dickinson, Heart-to-Heart, National Association of Free and Charitable Clinics Point of Care Testing Program

Chronic Disease Management Classes

Community Health Fairs

Diabetes Prevention Program

Advanced Diagnostic Teleradiology

Fully Accredited Diagnostic Screening Programs

Heart Health 1,2,3 Program - funding provided by AstraZeneca HealthCare Foundation *Connections for Cardiovascular HealthSM*
- Every Woman's Life & Mammogram Assistance Program

Immunization Programs

Loan Closet Program for Medical Equipment

Lung Cancer Early Screening Program

Obstructive Sleep Apnea Resources

Pediavision Screening for Schools

Retinopathy Screening Program

Sr. Bernie Kenny Scholarship

Virginia Health Care Foundation Medicaid Expansion Enrollment





2019 BUDGET

\$2,971,600

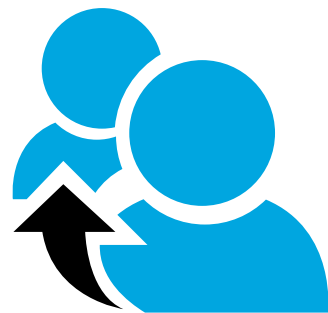


Patient visit range

1 VISIT YEAR to 28 VISITS YEAR

Number of referrals made:

56,281



Number of labs ordered:

2,904



2,914

Mobile unit visits

999

Pharmacy
Connect
Consults



Partner colleges & universities



American University of Antigua College of Medicine
 Appalachian College of Pharmacy
 Arizona State University
 Berea University
 Bill Gatton School of Pharmacy
 Carroll College
 Chamberlain College of Nursing
 Drexel University
 East Tennessee State University College of Nursing
 Eastern Virginia Medical School
 Francis Marion University
 Frontier Nursing University
 George Mason University
 George Washington University
 Georgetown University
 Gonzaga University
 Jefferson College of Health Sciences
 King University
 Liberty University
 Lincoln Memorial University Debusk
 Lynchburg University
 College of Osteopathic Medicine
 Lincoln Memorial University Caylor School of Nursing
 Mountain Empire Community College Nursing Program
 Old Dominion University School of Nursing
 Quillen College of Medicine
 Radford University School of Nursing
 Sacred Heart University
 Southwest Virginia Community College
 The University of Virginia School of Nursing
 The University of Virginia's College at Wise
 University of Kentucky School of Nursing
 University of Kentucky College of Health Sciences
 University of Newcastle Australia
 University of North Carolina Greensboro School of Nursing
 University of Pikeville-Kentucky College of Osteopathic Medicine
 University of Pikeville College of Optometry
 University of Richmond
 University of Richmond, Robins School of Business
 University of Tennessee
 Vanderbilt University
 Virginia Commonwealth University College of Medicine
 Virginia Commonwealth University School of Nursing
 Virginia Commonwealth University School of Pharmacy
 Virginia Tech University
 Wake Forest University
 Wytheville Community College
 York College of Pennsylvania



The Health Wagon depends on generous people like you to provide free health care to the precious people of Appalachia who are trapped in a cycle of poverty.

The mobile units you support with your kind donations are able to reach people who would never be able to make it to a doctor's office.

The stationary clinics in Wise, Virginia and Clintwood, Virginia are only there because of your support.

Because of your compassion, your kind heart, and your generous soul over the last year:

- Cancer was detected early and is now in remission
- Diabetes is under control
- High blood pressure is managed
- Moms and dads don't have to worry about how they will afford to take their children to the doctor when they're sick
- Sons and daughters have a place to take their elderly parents when they're sick

You did all this and so much more. You saved lives.

You are our hero!

Will you help continue this wonderful work in 2020? Your gift today means life for so many.

Your gift to The Health Wagon multiplies in impact to help provide lifesaving health care to uninsured or underinsured patients in Central Appalachia.

How to Donate

Call:
276-328-8850

Online:
thehealthwagon.org/beahero

Mail:
The Health Wagon
P.O. Box 7070
Wise, VA 24293

\$1 Support = \$100 Health Care

For assistance with planned giving or gifts outside of wills, contact **Rachel Helton** at rhelton@thehealthwagon.org.

Thank you!

Other ways to help

Volunteer

Volunteers of all talents and backgrounds are needed to help Health Wagon provide compassionate, quality health care to the medically underserved in Southwest Virginia.

Email hpviers@thehealthwagon.org, call 276-328-8850, or visit thehealthwagon.org/hwwp/volunteer.



Wish List

Your group or business can support the Health Wagon mission by donating items or making a cash donation for purchase. All medicines and supplies must be unopened and not out of date (expired).

Ongoing Needs

Ace-wraps
Alcohol wipes
Band aids
Blood glucose strips (easy max)
Blood pressure cuffs
Exam gloves
Exam table paper
Gauze
Libre glucose sensors
Medical tape
Nebulizer and neb tubing
O₂ Cannulas
Orthopedic supplies and equipment (braces, crutches, wheelchairs, etc.)
Safety needles
Syringes
Scalpels
Sutures
Tongue blades
Urine dip sticks

Personal Protective Equipment

Pulse-oximeters
Fit test hood
Touchless thermometers
Reusable face shields

N95 masks
Surgical mask with face shield
Gloves
Isolation gowns
Shoe covers

Over-the-Counter Medications

Antacids
Antibacterial ointment
Antidiarrheals
Aspirin
Dandruff shampoo
Decongestants
Ibuprofen
Iron supplements
Lice treatment
Sterile saline
Allergy medication

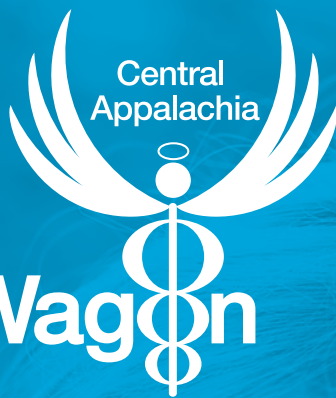
Patient Personal Care

Body wash or soap
Dental floss
Deodorant
Diapers
Feminine hygiene products
Liquid detergent
Lotion
Razors
Shaving cream

Sunscreen
Toilet paper
Toothbrushes
Toothpaste

Office Supplies

Batteries
Clip boards
Disposable coffee cups
Copy paper
Disinfecting wipes
Wal-Mart gift cards
Hand sanitizer
Highlighters
K-cups
Mailing envelopes
Manila folders, letter size
Paper clips
Paper towels
Pens/pencils
Post-it notes
Scotch tape
Sharpies
Stamps, First Class or Forever
Stapler and staples
Stapler remover
33-gallon garbage bags
Three-ring binders
White-out



St. Mary's

Health Wagon

How to Donate

Donate online at
thehealthwagon.org/beahero

You can mail your donation to
Health Wagon
PO Box 7070
Wise, VA 24293

Call **276-328-8850**

For assistance with planned giving or gifts outside of wills, contact **Rachel Helton** at rhelton@thehealthwagon.org.

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