## TYPES OF CHARITY CARE SERVICES PROVIDED METHODIST HOSPITAL OF SOUTHERN CALIFORNIA

- All services available through our emergency department, including:
  - STEMI Receiving Center (for heart attacks)
  - Comprehensive Stroke Center
  - Emergency Department Accredited for Pediatrics (EDAP)
- A comprehensive offering of free maternity orientations/tours in English and Mandarin. Class offerings now feature virtual settings, and include important topics such as Baby Care and Soothing, Breastfeeding, Prepared Childbirth, and Tot CPR for Family and Friends. The hospital also offers a free weekly 1-hour breastfeeding support group, "Mommy & Baby Bistro." Additionally, after the COVID-19 lockdown in 2020, a Maternal Child Health educator was made available (and remains available) to answer questions by phone and/or email.
- Methodist Hospital medical staff and other clinical professionals provide free inperson lectures at various community sites and through virtual events throughout the year. Additionally, the hospital performs free blood pressure screenings on a monthly basis at Arcadia Community Center, Monrovia Community Center, and Sierra Madre Hart Park House.
- To raise awareness and assist those with cancer, Methodist Hospital provides a variety of free workshops, support groups, and educational events, including "Stepping Forward," a free, eight week body-and-mind strengthening program for survivors of any type of cancer. This program, led by physical and occupational therapists, offers free exercise/fitness classes, seminars on nutrition, meditation, and community resources. Methodist Hospital also operates a Cancer Resource Center, a support facility where patients can ask cancer professionals questions about their disease, either in person or by telephone.
- To assist those with diabetes and metabolic-related health conditions, Methodist Hospital provides free specialized classes, including a diabetes management class offered monthly, and taught by a team that includes a registered nurse, diabetes educator, registered dietitian, and a physical therapist, presenting topics on healthy eating, exercise, blood glucose monitoring, medications, and preventing complications. In addition, dietitians assist community members by providing information and support through a variety of free monthly programs that cover topics such as gestational diabetes, obesity and weight loss, wound healing, cardiac rehabilitation, and bariatric nutrition. We also offer a bariatric support group, as well as cancer, renal and other nutritional consults.
- To meet the needs of older adults, Methodist Hospital offers our "50+ Health Connection" program. This program offers free health education classes, screenings, and physician referrals. In Fiscal Year 2020, there over 3,200 active members of "50+ Health Connection," ranging in age from 50 to 90 years.

- Based on findings from our 2019 Community Health Needs Assessment, Methodist Hospital began a renewed focus on addressing social determinants of health. One example of this effort: Methodist Hospital is a major sponsor and founding participant in the "Food for All" initiative managed by the Health Consortium of Greater San Gabriel Valley. This recently-started program will reduce food insecurity across the region, improving the health status of some of our most vulnerable populations.
- Asian-American Health Fair, held annually on campus each Fall, in partnership with Hsi Lai Temple and Buddha's Light International Association. Offering a comprehensive array of free testing, consults, and social services, including a flu vaccine clinic. Typical attendance of 600-800 participants. Due to the COVID-19 pandemic, our Asian-American Health Fair was postponed in 2020 and 2021.
- Latino Health Fair, held annually each Spring at various sites in the San Gabriel Valley, in partnership with Our Saviour Center. Offering a comprehensive array of free testing, consults, and services. Typical attendance of 200-300 participants. Due to the COVID-19 pandemic, our Latino Health Fair was postponed in 2020 and 2021.
- Major sponsor of Southern California Women's Health Conference since 2015. This event is free for all attendees, and brings together community-based organizations, businesses and civic leaders to provide free health and wellness information and services to women from across the San Gabriel Valley. Over 2,000 attendees each year are empowered by clinical lectures and practical workshops on health, wellness and lifestyle led by renowned physicians and healthcare professionals. For the past five years, this conference has also offered a "Man Cave" that provides health and wellness information for men.