

Healthy Living

CONNECTING WITH OUR PATIENTS AND OUR COMMUNITY

Saint Peter's Family Health Center: Strengthening Community Health Through Accessible, Integrated Care

Guided by the belief that healthy communities begin with accessible, coordinated health care, Saint Peter's Family Health Center brings together medical services, preventive care, and supportive programs in one convenient location. Its goal is to make the community healthier by ensuring individuals and families can receive the care they need, when and where they need it.

Serving patients of all ages, Saint Peter's Family Health Center was designed to meet the diverse needs of the surrounding community.

"By offering adult, pediatric, and women's health services under one roof, Saint Peter's Family Health Center helps remove barriers that often prevent people from accessing care, such as transportation challenges, fragmented services, and difficulty navigating the healthcare system," said Alma Ratcliffe, MD, vice president and chief clinical transformation officer at Saint Peter's Healthcare System. "Families can schedule appointments for multiple members in a single visit, complete lab work onsite, and receive referrals to Saint Peter's specialists who will help provide coordinated care."



Comprehensive Care for Every Stage of Life

With nearly 84,000 patient visits in 2025, Saint Peter's Family Health Center provides a full spectrum of care designed to support individuals and families throughout their lives. In March 2024, a major renovation and expansion of the facility was completed, increasing clinical exam rooms and the facility's overall square footage, now built to accommodate 100,000 visits. Over the last two years, patient visits have significantly increased from 60,000 visits in 2023.

The **Adult Multispecialty Health Center** at Saint Peter's Family Health Center offers primary care and specialty services focused on prevention, early diagnosis, and the management of chronic conditions. This integrated approach allows adult patients to receive coordinated care without traveling to multiple locations.

The **Women's Health Center** at Saint Peter's Family Health Center provides comprehensive services for women at all stages of life. Care includes preventive screenings, gynecologic health services, maternity care, and postpartum support. Patients with high-risk pregnancies can be referred to the maternal-fetal medicine specialists at Saint Peter's University Hospital to ensure high-quality care during a challenging pregnancy.

The **Pediatric Health Center** at Saint Peter's Family Health Center focuses on the unique needs of infants, children, and adolescents. Pediatric services emphasize preventive care, routine wellness visits, immunizations, and the management of childhood illnesses. Having pediatric care located alongside adult and women's services makes it easier for families to stay engaged in their children's health and maintain consistent care as children grow.



Stock photo posed by models.

Saint Peter's Family Health Center

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Convenient Services That Support Better Care

To further simplify the patient experience, Saint Peter's Family Health Center offers an **on-site laboratory**, allowing patients to complete lab testing during the same visit as their appointment.

Saint Peter's Family Health Center patients can also access physical therapy services close by at Saint Peter's Health and Wellness Center at 562 Easton Avenue in Somerset. These services support recovery from injury, surgery, or chronic conditions and are fully integrated into a patient's overall care plan. Close communication between physical therapists and medical providers helps ensure care is coordinated and effective.

Addressing Social Factors That Affect Health

Health is influenced by more than medical care alone. Outside factors, such as the social determinants of health, play a significant role in overall well-being.

The **For KEEPS (Kids Embraced and Empowered through Psychological Services)** program is a short-term, acute partial-hospitalization program that offers high-quality mental health diagnoses and treatment to children who suffer from emotional and behavioral difficulties that impede their ability to function successfully in a social environment.

The **Dorothy B. Hersh Child Protection Center**, one of four regional diagnostic treatment centers in New Jersey, provides specialized, coordinated services to children and their families affected by child maltreatment and abuse, offering care in a compassionate, child-centered environment.

QIP-NJ, or Quality Improvement Program-New Jersey, focuses on behavioral health for maternity patients 18 years and older. QIP-NJ promotes mental well-being and healthier outcomes for families.

Saint Peter's Family Health Center is also home to **The Market at Saint Peter's**, a client-choice pantry and food as medicine program that addresses food insecurity as a health issue. Eligible patients select nutritious food for themselves and their family once a month as part of their care plan, supporting better management of chronic conditions and overall wellness.



Saint Peter's University Hospital is proud to have earned the Joint Commission's Advanced Certification in Health Care Equity, also known as **Excellent Health Outcomes for All**, in December 2025. This certification shows a commitment to continuously improving care for patients with diverse needs, abilities and backgrounds. Saint Peter's screens patients for social drivers of health including economic stability, social and community support, environmental and housing concerns, health care access and quality, and uses an interdisciplinary approach to provide resources to help patients improve those conditions.

A Commitment to Access for the Entire Community

A cornerstone of Saint Peter's Family Health Center is its commitment to serving the uninsured and underinsured. Saint Peter's **Resource Services** team helps patients navigate and enroll in insurance and financial assistance programs. By welcoming patients regardless of insurance status, Saint Peter's Family Health Center helps reduce gaps in care that can lead to delayed treatment, unmanaged chronic conditions, preventable complications, and even hospitalization. This inclusive approach reflects Saint Peter's mission to serve the entire community with compassion and respect.

To learn more about Saint Peter's Family Health Center, visit saintpetershcs.com/FHC.

Saint Peter's Family Health Center will be using this new van to bring food to patients in need where it's needed – out in the community – and to pick up donations of fresh produce, non-perishable foods and baby care products for The Market at Saint Peter's. Be a partner in fighting hunger. Scan the QR code to donate.



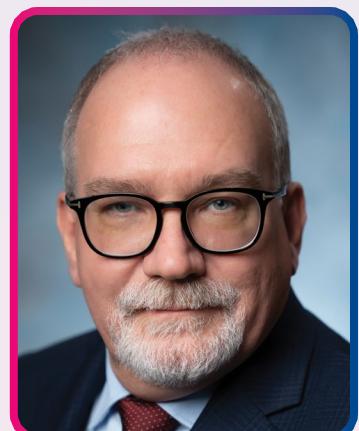
New Jersey Department of Health Expands Lead and Mercury Screening Program to Saint Peter's University Hospital

The New Jersey Department of Health (NJDOH) has expanded its universal prenatal and newborn screening program for lead and mercury to Saint Peter's University Hospital, with the goal of increasing access to early detection and improving health outcomes for pregnant women and newborns.

Universal prenatal screening helps identify cases of lead and mercury exposure that might otherwise go undiagnosed or untreated. Early detection allows mothers to take steps to limit exposure during pregnancy and enables healthcare providers to intervene when necessary. Exposure to these toxic metals during pregnancy can lead to serious complications, including preeclampsia, kidney damage, endocrine disruption, and impaired motor function. In newborns, exposure may result in neurological damage, organ malformation, preterm birth, learning disabilities, behavioral disorders, and, in severe cases, death.

Led by NJDOH's Public Health and Environmental Laboratories through the New Jersey Biomonitoring Program, the expansion follows six years of successful implementation at University Hospital in Newark. At Saint Peter's University Hospital, the program is being introduced as part of a quality improvement initiative. Initially, 1,000 patients will be screened for lead and mercury, with data used to assess the prevalence of exposure in the prenatal population. The long-term goal is to make prenatal and newborn lead and mercury screening a standard of care at the hospital.

Screening includes testing at a mother's first prenatal visit, follow-up screening at delivery for both mother and newborn, and access to educational resources. When elevated levels are identified, patients receive coordinated intervention and support from hospital teams, local health departments, and state public health programs.



"We are very excited at the opportunity to participate in this extremely successful public health initiative and to help promote universal heavy metal screening for New Jersey mothers and infants in the near future," said Debra-Lynn Day-Salvatore, MD, PhD, FAAP, FACMGG, chair of the Department of Medical Genetics and Genomic Medicine at Saint Peter's University Hospital. The screening initiative will involve the departments of Medical Genetics and Genomic Medicine, Obstetrics and Gynecology, Pediatrics and Pathology.

"We look forward to working with the Department of Health to expand the lead and mercury screening to New Brunswick and surrounding communities," said William J. Lowe III, MD, FACOG, vice chair, Department of Obstetrics and Gynecology, and medical director of the Mary V. O'Shea Birth Center and Outpatient Quality and Informatics at Saint Peter's University Hospital. "It will be interesting to compare the data from the Newark and New Brunswick communities. This new information will increase our knowledge of the extent of the exposure, as well as the response to education and treatment."

To learn more about Saint Peter's maternity services, visit saintpetershcs.com/maternity.

To learn more about Saint Peter's Department of Medical Genetics and Genomic Medicine, visit saintpetershcs.com/genetics.

COMMUNITY CALENDAR

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/events. Most programs are FREE unless noted; please call for information.

Cancer Support

Saint Peter's Cancer Center Support Groups

Via Zoom from 1 – 2 PM

English: February 4 and 18

Spanish: February 11 and 25

To register, email sluna@saintpetersuh.com or call 732.745.8600, x6522



Parent Education

Some classes online. Access information will be provided after registration.

Register at saintpetershcs.com/ParentEd. For more information, call 732.745.8579.

Baby Care
Birth Center Class
(for moms under midwifery care)
Breastfeeding Class
Childbirth Education
(in Spanish)
Grandparents Class

Hypnobirthing™
New Daddy Class
Prenatal Breastfeeding
(in Spanish)
Prenatal Yoga/Exercise Class
Prepared Childbirth/Lamaze Classes
Sibling Class

Parent Support

Registration is required. Visit saintpetershcs.com/ParentEd or call 732.745.8579.

New Moms Support Group
"Life Will Never Be The Same"
1st Tuesday of each month
Next meeting: February 3 • 12 pm

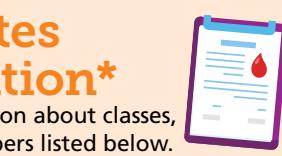
Breastfeeding Support Group
1st Tuesday of each month
Next meeting: February 3 • 1 pm

Diabetes Education*

For information about classes, call the numbers listed below.

Diabetes Self-Management Education
Call for information: 732.339.7630

Gestational Diabetes Self-Management Education
Call for information: 732.339.7630



Count the Kicks

A Count the Kicks Champions Partner,
Saint Peter's is committed to preventing stillbirth.

Monitor your baby's movements with the free Count the Kicks app or web counter.



CountTheKicks.org

Saint Peter's Virtual Urgent Care

Monday through Friday • 5 to 10 p.m.
Saturday & Sunday • 9 a.m. to 4 p.m.

For adults experiencing:

- Cold or flu
- Rash/skin conditions
- Diarrhea
- Sinus problems
- Nausea or vomiting
- Sore throat
- Pink eye
- Urinary issues

saintpetershcs.com/virtualurgentcare

Need a doctor? To find a Saint Peter's physician, visit saintpetershcs.com/findaphysician.

Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com
This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.

SAINT PETER'S HEALTHCARE SYSTEM

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