

Business

New health center on Staten Island aims to help the underserved and uninsured

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Pictured here, from left, are Dr. Carlos M. Barrera, Timothy A. Aldrich and Christian DeFournoy of OneCare Health - Advanced Practice Health & Wellness, Corp. in Port Richmond. (Courtesy of Dr. Carlos M. Barrera)

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By [Tracey Porpora | porpora@siadvance.com](mailto:j_porpora@siadvance.com)

STATEN ISLAND, N.Y. -- Dr. Carlos M. Barrera, 27, saw the need for more available medical services for underserved populations greatly increase during the coronavirus (COVID-19) pandemic.

That's why the Todt Hill resident and chiropractor joined forces with two nurse practitioners -- Timothy A. Aldrich, 52, of Jersey City, N.J., and Christian DeFournoy, 36, of Queens -- to open OneCare Health - Advanced Practice Health & Wellness Corp. in Port Richmond in January.

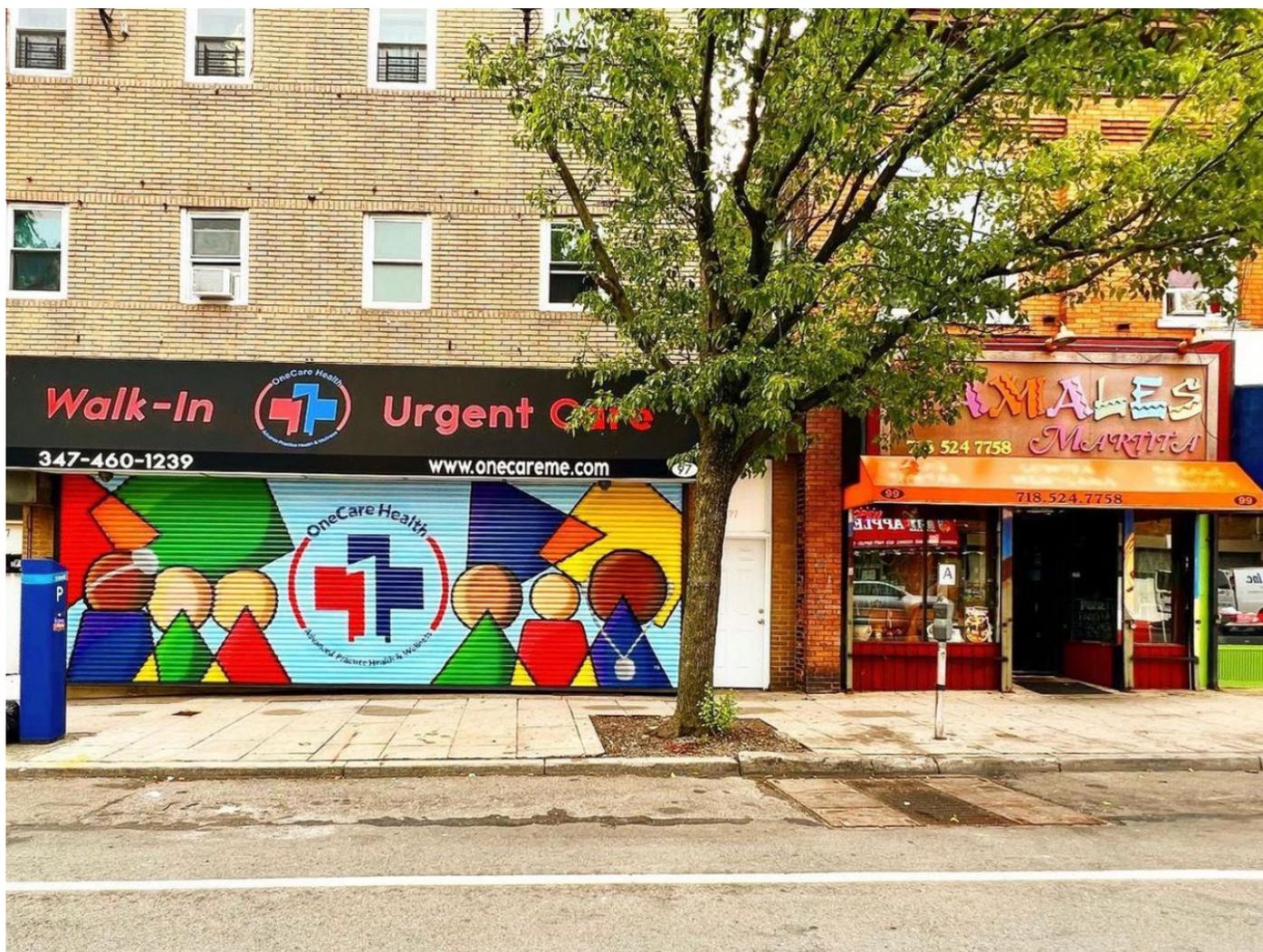
"We are bringing the traditional practice of medicine to an underserved community that deserves health-care providers only a few minutes away who speak their language," said Barrera. "We believe that a patient should not be viewed as a diagnosis

or a number. We view and treat the person as a whole, regardless of their walk in life.”

He said the coronavirus has made people more health-conscious.

“We’ll see a 45- or 50-year-old male or female who will come in to get tested for COVID and they shock us when they tell us they haven’t seen a doctor in 20 or 30 years,” said Barrera. “And once we have them in the office, we convince them to take a physical. In many cases, right then and there we would draw lab tests, and tell them we will listen to their heart, lungs, etc ... And I feel like they probably would have never come in if it wasn’t for this COVID thing that made them scared!”

And since opening in January, Barrera said the team has been able “to bridge the gap to quality health care” for many underserved North Shore residents.



OneCare Health - Advanced Practice Health & Wellness Corp. opened in January. (Courtesy of Dr. Carlos M. Barrera)

“A lot of these people don’t have insurance. They don’t speak English. So they’re scared to go to the doctor, because they’re thinking that it’s going run them \$400 or \$500 for a visit,” he said. “We were able to educate the community on chronic and

acute conditions, and speak to patients about the importance of getting physicals and regular checkups.”

And Barrera said OneCare Health - Advanced Practice Health & Wellness treats all patients, regardless of their ability to pay.

“We take people in no matter what their immigration status is, or how much they have in their pocket. We typically charge \$125 for an office visit. But we’ve had instances where people come to our office -- say, a single mother of three kids and she doesn’t have \$125. So we’ve literally asked that mother ‘how much do you have?’ And she has taken out her wallet and said, ‘I have \$60’, and we’ve said, ‘OK but don’t give us \$60, give us \$30, and use the other \$30 to buy food,’” he explained.



“You can literally get everything under a one-stop shop. You can come to us for your stomach pains or you can come to us for Botox injections,” said Barrera. Pictured here is the staff of OneCare Health - Advanced Practice Health & Wellness Corp. (Courtesy of Dr. Carlos M. Barrera)

ONE-STOP SHOPPING

Barrera said the name “OneCare” originated from the idea of having a one-stop shop where medicine, health and wellness all come together.

“We believe in preventive/prophylactic care for our patients, as well as educating the patient on the importance of health and wellness. At OneCare Health - Advanced Practice Health & Wellness, you can see a provider whose treatments are evidence-based practices, but not solely western medicine. Holistic treatments are incorporated into our evidence-based western medicine practices,” he said.

Services at the urgent care facility range from essential medical care to a chiropractic center and medical spa offering botox, dermal fillers, IV therapy and more, he said.

“You can literally get everything under a one-stop shop. You can come to us for your stomach pains or you can come to us for Botox injections,” said Barrera.

ONECARE HEALTH AT A GLANCE

Address: 97 Port Richmond Ave.

Website: <https://www.onecareme.com>

Facebook: www.facebook.com/onecarehealthme/

Instagram: [@Onecarehealthnyc](https://www.instagram.com/Onecarehealthnyc)

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