

Healthcare in Monmouth County: Your Guide to Wellness and Care

At Shore Insight Group, we understand that a community's well-being is paramount, and access to quality healthcare is a cornerstone of a comfortable and secure lifestyle. For those considering a move to Monmouth County, understanding the local healthcare landscape is essential. You'll be pleased to find a robust network of hospitals, urgent care centers, and specialized medical services dedicated to serving residents with excellence and compassion.

Monmouth County's Healthcare Score: Monmouth County consistently ranks highly in health assessments. In the **2022 County Health Rankings & Roadmaps**, Monmouth County was placed **7th out of 21 counties in New Jersey** for both "Health Outcomes" and "Health Factors." This strong ranking reflects the county's excellent quality of life and access to quality healthcare resources.

Quick Links:

- [Monmouth County's Healthcare Score](#)
 - [Major Hospitals](#)
 - [Urgent Care Centers](#)
 - [Prominent Medical Groups & Networks](#)
 - [Specialized Care Centers](#)
 - [Mental Health and Behavioral Health Resources](#)
 - [Public Health Services and County Health Department](#)
 - [Important Healthcare Considerations](#)
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Major Hospitals

Monmouth County is home to several leading hospitals, many of which are part of larger, highly-regarded New Jersey health systems, ensuring comprehensive care across a wide range of specialties.

- **Monmouth Medical Center** (Long Branch)
 - **Affiliation:** RWJBarnabas Health
 - **Overview:** A regional teaching campus for Rutgers Robert Wood Johnson Medical School, Monmouth Medical Center is a major academic medical center known for its comprehensive services, including a leading maternity program, advanced surgical procedures (including robotics), and The Unterberg Children's Hospital. It consistently receives high ratings for patient safety and quality.
 - **Website:** <https://www.rwjbh.org/monmouth-medical-center/>
- **Jersey Shore University Medical Center** (Neptune)

- **Affiliation:** Hackensack Meridian Health
- **Overview:** A leading academic medical center and the only Level I Adult and Level II Pediatric Trauma Center in Monmouth and Ocean counties. It offers extensive specialty care services, including a renowned Cancer Center, Cardiovascular Care, and The K. Hovnanian Children's Hospital, supported by over 1,200 physicians.
- **Website:** <https://www.hackensackmeridianhealth.org/en/locations/jersey-shore-university-medical-center>
- **CentraState Healthcare System (Freehold)**
 - **Affiliation:** Independent (though partners with larger networks for specific services)
 - **Overview:** A community-focused healthcare system offering a full range of acute care services, including a highly-rated cardiology program, cancer care, and a dedicated rehabilitation center. CentraState is known for its personalized approach to patient care.
 - **Website:** <https://www.centrastate.com/>
- **Bayshore Medical Center (Holmdel)**
 - **Affiliation:** Hackensack Meridian Health
 - **Overview:** Serves the northern Monmouth County community with a focus on emergency care, surgical services, and a range of inpatient and outpatient programs. It provides accessible, high-quality care close to home for residents in the Bayshore area.
 - **Website:** <https://www.hackensackmeridianhealth.org/en/locations/bayshore-medical-center>
- **Riverview Medical Center (Red Bank)**
 - **Affiliation:** Hackensack Meridian Health
 - **Overview:** Located on the Navesink River, Riverview Medical Center offers advanced healthcare services, including a comprehensive cancer program, cardiovascular care, and orthopedics. It is recognized for its patient-centered approach and commitment to clinical excellence.
 - **Website:** <https://www.hackensackmeridianhealth.org/en/locations/riverview-medical-center>
- **Monmouth Medical Center Southern Campus (Lakewood)**
 - **Affiliation:** RWJBarnabas Health
 - **Overview:** A fully accredited acute care hospital primarily serving Ocean and southern Monmouth counties. It is notable for providing private rooms on all inpatient units, fostering a healing environment, and offering a range of medical and surgical services.
 - **Website:** <https://www.rwjbh.org/monmouth-medical-center-southern-campus/>

Urgent Care Centers

For non-life-threatening illnesses or injuries that require immediate attention, urgent care centers offer a convenient and often faster alternative to emergency rooms. Monmouth County has numerous urgent care facilities.

- **Family First Urgent Care:** Multiple locations in Monmouth County (e.g., Oakhurst, Eatontown).
 - **Overview:** Offers walk-in medical care for a variety of conditions, with onsite diagnostic capabilities like X-rays. Known for flexible hours and a patient-friendly approach.
 - **Website:** <https://familyfirst-urgentcare.com/>
- **Immediate Care Medical Walk-In:** Several locations across Monmouth County (e.g., Red Bank, Brick).
 - **Overview:** Provides convenient treatment for non-emergency medical needs, staffed by medical professionals, and often includes radiology and laboratory services on-site.
 - **Website:** <https://prod.atlantichealth.org/locations/urgent-care-red-bank> (Check for specific locations)
- **RWJBarnabas Health Urgent Care / Care Station:** Various locations affiliated with the RWJBarnabas Health system.
 - **Overview:** Part of the larger RWJBarnabas Health network, these centers offer seamless access to urgent care services with the backing of a major health system.
 - **Website:** <https://www.rwjbh.org/treatment-care/urgent-care/>
- **Hackensack Meridian Health Urgent Care:** Located within various Hackensack Meridian Health facilities and standalone centers.
 - **Overview:** Provides convenient, walk-in care with the benefit of being connected to the extensive Hackensack Meridian Health network of specialists and hospitals.
 - **Website:** <https://www.hackensackmeridianhealth.org/en/medical-group> (Look for Urgent Care within their medical group listings)

Prominent Medical Groups & Networks

Monmouth County benefits from the presence of major statewide healthcare systems, which offer extensive networks of primary care physicians, specialists, and outpatient facilities.

- **RWJBarnabas Health Medical Group:**
 - **Overview:** The largest integrated healthcare system in New Jersey, RWJBarnabas Health offers a vast network of primary care practices and specialists throughout Monmouth County. This allows for coordinated care and easy referrals within their system.
 - **Website:** <https://www.rwjbh.org/rwjbarnabas-health-medical-group/>
- **Hackensack Meridian Health Medical Group:**

- **Overview:** As New Jersey's largest health network, Hackensack Meridian Medical Group includes over 2,200 physicians and advanced providers across nearly 400 locations. They offer comprehensive primary care and specialty services, often recognized as a top physician group in the state.
- **Website:** <https://www.hackensackmeridianhealth.org/en/medical-group>
- **Shore Heart Group:**
 - **Overview:** A prominent cardiology group serving both Ocean and Monmouth counties, offering a wide range of non-invasive heart procedures and access to top cardiologists affiliated with local hospitals.
 - **Website:** <https://shoreheartgroup.com/>

Specialized Care Centers

Beyond general hospitals and urgent care, Monmouth County offers specialized facilities catering to specific health needs.

- **Children's Specialized Hospital Outpatient Center – Eatontown**
 - **Affiliation:** RWJBarnabas Health
 - **Overview:** This state-of-the-art facility provides a wide variety of specialized pediatric care, including physical, occupational, and speech therapy, as well as developmental and behavioral services for children and families.
 - **Website:** <https://www.rwjbh.org/our-locations/pediatric-outpatient-facilities/childrens-specialized-outpatient-center-eatontow/>
- **CPC Integrated Health**
 - **Overview:** A private, non-profit organization providing comprehensive behavioral health disorder treatment for individuals and families throughout Monmouth and Northern Ocean Counties. They offer mental health, substance use, physical health, and specialized education services.
 - **Website:** <https://cpcintegratedhealth.org/>
- **Anne Vogel Family Care and Wellness Center (Eatontown)**
 - **Affiliation:** Hackensack Meridian Health
 - **Overview:** This center offers a holistic approach to health and wellness with a focus on women's health, pediatrics, and various specialty services, including diagnostic imaging, lab services, and rehabilitation, all under one roof.
 - **Website:** <https://www.hackensackmeridianhealth.org/en/locations/hackensack-meridian-health-and-wellness-center-at-eatontown>

Mental Health and Behavioral Health Resources

Monmouth County provides a variety of resources dedicated to mental wellness and behavioral health, recognizing their critical importance to overall health.

- **Mental Health Association of Monmouth County (MHA Monmouth):** A leading local non-profit offering education, counseling, case management, and advocacy to support mental wellness in the community. They are a central hub for various resources.
 - **Website:** <https://mentalhealthmonmouth.org/>
- **Monmouth County Division of Behavioral Health:** This county division provides information, referral services, and coordinates mental health and substance use disorder resources for residents. They also lead the "Stigma Free Monmouth" initiative.
 - **Website:** <http://visitmonmouth.com/Page.aspx?id=5009>
- **Crisis Hotlines and Emergency Services:**
 - **988 Suicide & Crisis Lifeline:** Call or text 988 for immediate support.
 - **Psychiatric Emergency Screening Services (PESS):** For Monmouth County, contact (732) 923-6999 (Monmouth Medical Center Crisis Hotline).
 - **NJ Hopeline:** (855) 654-6735
- **Hospital Behavioral Health Services:** Many of the major hospitals listed above (Monmouth Medical Center, Jersey Shore University Medical Center, Riverview Medical Center, CentraState) offer comprehensive inpatient and outpatient behavioral health programs for adults, adolescents, and children.

Public Health Services and County Health Department

The Monmouth County Health Department plays a crucial role in safeguarding and improving the health of the entire community through various programs and services.

- **Monmouth County Health Department (MCHD):** The MCHD provides a wide range of public health services aimed at preventing disease, promoting healthy lifestyles, and ensuring environmental safety. Their services include:
 - Clinical & Preventive Health (e.g., immunizations, screenings)
 - Communicable Disease Control and Surveillance
 - Environmental Health Services (e.g., food surveillance, water safety, septic inspections)
 - Health Education and Community Outreach
 - Emergency Preparedness
 - **Website:** <http://visitmonmouth.com/Page.aspx?id=1932>

Important Healthcare Considerations

- **Insurance Coverage:** Always verify that your healthcare providers and facilities are in-network with your insurance plan to minimize out-of-pocket costs.
- **Primary Care Physician (PCP):** Establishing a relationship with a local PCP is highly recommended for routine check-ups, preventive care, and referrals to specialists.
- **Emergency vs. Urgent Care:** Understand the difference between emergency room visits (for life-threatening conditions) and urgent care centers (for immediate, non-life-threatening needs) to ensure you receive the most appropriate and efficient care.

- **MyChart/Patient Portals:** Many healthcare systems offer online patient portals (like MyChart) that allow you to schedule appointments, access test results, communicate with your doctor, and manage your health records.
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Disclaimer:

The information provided in this guide is for general informational purposes only and does not constitute medical advice, diagnosis, or treatment. While we strive to provide accurate and up-to-date information, healthcare services, affiliations, and availability can change. Always consult with qualified healthcare professionals for personalized medical advice or any health concerns. Shore Insight Group is a real estate firm and is not qualified to provide medical or healthcare recommendations.

At Shore Insight Group, we are dedicated to providing you with comprehensive information that goes beyond real estate, helping you understand every aspect of life in Monmouth County. For personalized guidance on finding a home that places you perfectly amidst these top-tier healthcare facilities and other desired amenities, contact us today. We're here to help you