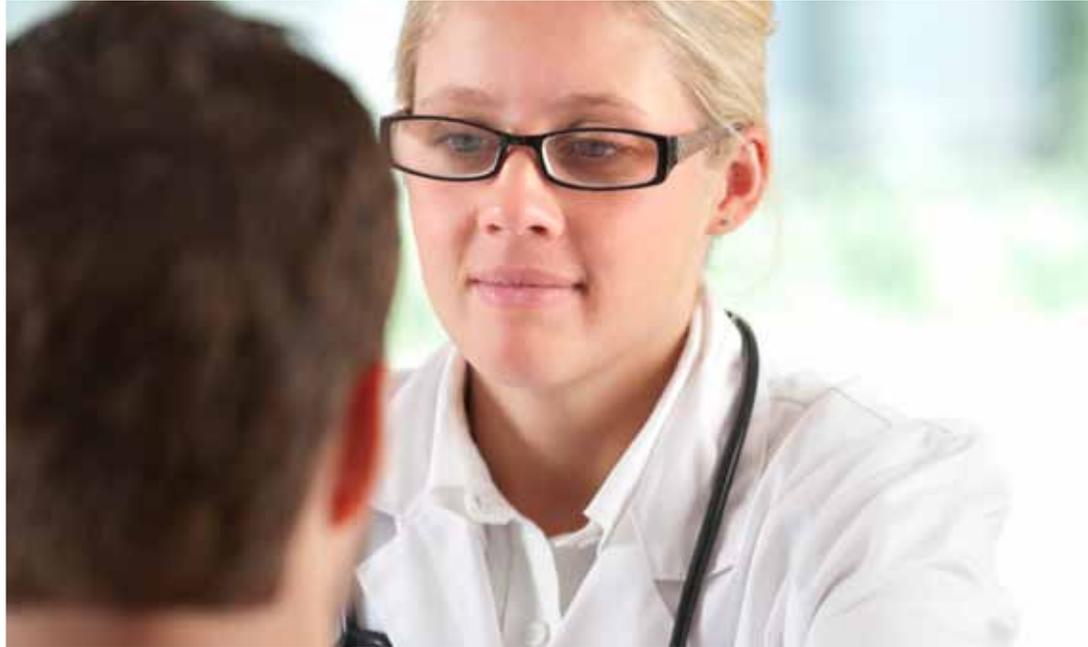


We are pleased to announce that the new Activate Health & Wellness Center is now open!

FOR MORE DETAILS:
activatehealthcare.com/cosb



The Health & Wellness Center is open to provide convenient access to City of South Bend employees and is available by appointment during office hours. Services include:

- + Complete primary care, including routine and sports physicals, for employees enrolled in our COSB benefits plan, their spouses and children over 11
- + Urgent care for covered adults and children 3 & up
- + Job-related services (e.g., CDL physicals) for all employees
- + More time with the medical staff and less waiting
- + Management of chronic conditions
- + Dispensing of common generic drugs & lab services
- + Independent referrals to specialists & hospitals that provide the highest quality services
- + Wellness screenings and individualized health coaching
- + All with no co-payments or cost to you

The law requires that all patient information be completely confidential.

As required by law, none of your health information will be shared with anyone at the City of South Bend, or anyone else, unless directed by you to do so.

The clinic will share your medical records with other doctors, including your specialists, upon your direction.

CLINIC ADDRESS:

320 South St. Joseph Street
Suite 300

South Bend, IN 46601

PHONE: 574.406.6376

FAX: 574.406.6377

CLINIC HOURS:

Mon 7 am – 5 pm

Tues 9 am – 7 pm

Wed 6 am – 4 pm

Thur 9 am – 7 pm

Fri 6 am – Noon

Sat/Sun Closed

Ten important things to know

- 1** The clinic provides a **broad scope of primary care services, comprehensive annual physicals, and health coaching** at no cost to the participant.
- 2** The clinic offers **select labs at no cost and high-quality generic drugs at no cost** when prescribed by a clinic provider.
- 3** The clinic is **managed by an independent outside entity**, Activate Healthcare, providing professional guidance and ensuring confidentiality.
- 4** **We pay each participant and covered spouse incentive dollars** for completing an annual physical and achieving individually tailored goals and action plans. (Please see page 3 for incentive details.)
- 5** **Scheduling for annual physicals** is coordinated based on birthday. Or you can schedule your physical throughout the year.
- 6** The clinic is **staffed by an experienced primary care physician**, and **leverages leading-edge technology**.
- 7** The clinic is **available by appointment during office hours**. Please see pages 2 - 3 for details.
- 8** The clinic is **open to provide convenient access to the health care you need**. Please see pages 2 - 3 for more information. Please call ahead to schedule appointments.
- 9** The law requires that **all patient information be completely confidential**.
- 10** **This program is designed to help each person to be healthier and spend less money on health care.**