



City of South Bend

Activate Health & Wellness Center

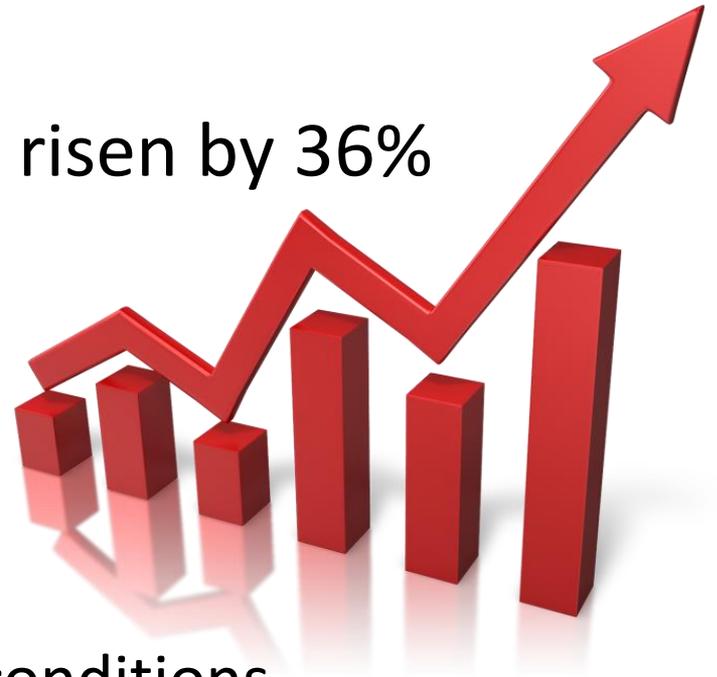
The Activate Health and Wellness Center

Purpose:

- Empower you to maintain and improve your health
- Affordable & easy access to expert health care
- Provides a broad scope of services:
 - Primary care
 - Annual physicals
 - Health coaching
 - Urgent care
- **All with no copayments or cost to you!**

Why?

- Health insurance claims have risen by 36% since 2010.
- Why do claims increase?
 - Declining health
 - Poor management of chronic conditions
 - Lack of early detection and basic preventive care
 - Patients are not engaged in seeking the highest quality and most cost effective medical services



Location



320 South St. Joseph Street next to the Sanctuary at Trinity Tower in the former Pro Health Athletic club

Clinic Staff

- One full-time physician recruited and hired specifically for City of South Bend.
- One Nurse Practitioner
 - NP can diagnose, treat and prescribe medications
 - NP will also provide health coaching
- Two Medical Assistants
 - Scheduling
 - Blood draws and biometrics
 - Assist physicians and NP



Do I have to give up my current doctor?

- No.
- However, the clinic can become your primary care home if you choose.
- The clinic staff will be happy to discuss your options with you.



Care for Children at the Clinic

- Children ages 3 and up who are covered by the City's health insurance may use the clinic
- From age 3 to age 11 , we encourage you to maintain your child's relationship with their pediatrician for routine preventive care and immunizations.

Services the Clinic Provides	Services the Clinic Does <u>Not</u> Provide
Urgent Care for Illnesses and Minor Injuries for children ages 3 and over	Childhood Immunizations
Most Sports Physicals	Most School Physicals
Flu Shots	Any Care for Children Under Age 3

When is the Clinic Open?

- Monday: 7:00 AM to 5:00 PM
- Tuesday: 9:00 AM to 7:00 PM
- Wednesday: 6:00 AM to 4:00 PM
- Thursday: 9:00 AM to 7:00 PM
- Friday: 6:00 AM to Noon



- It is NOT a walk-in clinic.
- Appointments are required to minimize your waiting time.
- Most urgent needs can be seen the same day or the next day.
- Financial incentives are available for those who choose to participate in the City's wellness program.
- Employees participating in the wellness program may visit the clinic during working hours using the specified wellness bank of time for the physical, coaching, etc.
- Call (574) 406-6376 to make your appointment

Prescription Drugs

- The clinic will stock and dispense about 50 common generic drugs with no copay to you.
 - Antibiotics, blood pressure, cholesterol medications, etc.
- The medication must be prescribed by a doctor or NP at the clinic.
- 90-day supplies can be dispensed.
- The clinic is not able to fill prescriptions written by doctors outside the clinic.
- Written prescriptions for medication not stocked at clinic can be filled at any retail pharmacy through the health insurance plan as usual.



Lab Tests

- The clinic is happy to provide most blood and urine lab tests at no cost to you.
 - Lab tests requested by outside physicians can also be drawn at the clinic at no cost to you. The results will be sent to the ordering physician.
 - Call the clinic for more information.



Wellness Program

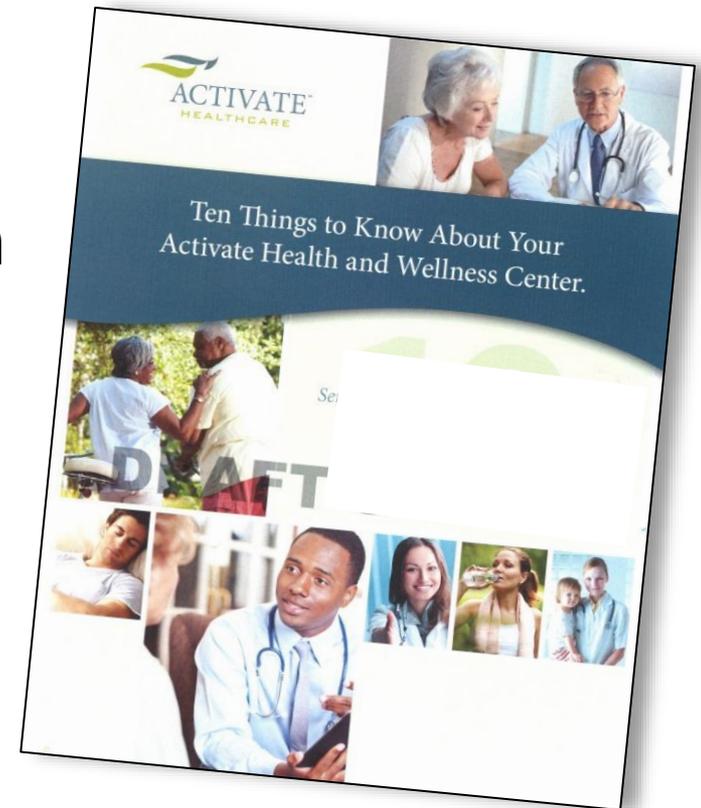
- Employees and Spouses are encouraged to take advantage of the wellness program:
 - Pre-physical blood draw and biometric screening
 - Completion of a Health Risk Assessment questionnaire
 - 30 minutes with a physician/nurse practitioner for a comprehensive exam
 - 30-minute follow-up session with a physician/nurse practitioner health coach
 - Complete 4 additional activities prior to September 30, 2016
- Scheduling of annual physicals for employees and spouses will be based on the employee's *month* of birth.

Privacy

- Activate is an independent, outside company hired to manage the clinic.
 - All employees at the clinic are employed by Activate.
 - The City has no access to medical records, the clinic's computers, or IT system.
- 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 Opening

- The Clinic is open!
- Open House for you and your family to meet the clinic staff and tour the new facility – watch for information
- “Ten Things to Know Brochure”
 - Share this with your spouse!





Health & Wellness

Clinic Hours

Monday	7:00AM - 5:00PM
Tuesday	9:00AM - 7:00PM
Wednesday	6:00AM - 4:00PM
Thursday	9:00AM - 7:00PM
Friday	6:00AM - 12:00PM

Wellness Center Links:

- Frequently Asked Questions
- List of Generic Drugs Available
- How to Prepare for a Physical
- Login to ActivateMyHealth to log goals and track incentives

For Questions or Concerns,
Please call: 773.697.3144

Health Care Links

- | | | |
|------------------------|------------------|------------------|
| General Health: | Diet: | Exercise: |
| Habit Changer | My Pyramid | Yoga Journal |
| PCNA | Calorie King | Ace Fitness |
| Type 1 Diabetes | Spark People | Runners World |
| Type 2 Diabetes | My Food Buddy | |
| AHRG | Calorie Count | |
| Mayo Clinic | South Beach Diet | |
| Skin Cancer | Mediterranean | |
| Quitline | Diet | |

Message from Activate Healthcare

We are very excited to serve your health care needs at the City of South Bend Activate Healthcare Health and Wellness Center. I am confident you will be pleased with the benefits that both the clinic and program will bring you. You will find we can take care of you without the usual limitations experienced by most medical providers. So, we can spend the time with you that you need and help you develop individually tailored goals and action plans. We can also support and coach you as you work on achieving your goals. I believe that you will experience quality health care that is unmatched. We look forward to meeting you at the clinic.

Sincerely,
Debra Geihlsler, Principal, Activate Healthcare

Message from

I am pleased to announce Activate Healthcare will soon be providing comprehensive primary care services at City of South Bend. The Health & Wellness Center will provide significantly greater benefits for all employees and family members.

Your personal wellness is so important. I'm confident the new Activate Health & Wellness Center will enhance the lives of City of South Bend employees and our families, and I encourage you to take full advantage of the primary care services.

Sincerely,

Wellness Center Address: 320 South St. Joseph St., STE. 300 • South Bend, IN 46708
Telephone Number: 574-234-4529 Fax Number: 574-234-4530
Get Directions

Thank you for your time!

www.activatehealthcare.com/cosb