

2023-2024

# EMPLOYEE WELLNESS PROGRAM

We care about YOU and your health and want to provide you with resources that help you live a better life, both inside and outside of work.



# 2023-2024 HEALTH RISK ASSESSMENTS (HRA)

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## *On-Site Health Screening Dates*

### **North Posey High School**

10/23: 7:00 - 10:30 AM

10/24: 7:00 - 10:30 AM

### **North Elementary**

10/27: 7:00 - 10:30 AM

### **North Posey Middle School**

10/23: 7:00 - 10:30 AM

10/24: 7:00 - 10:30 AM

### **South Terrace**

10/25: 7:00 - 10:30 AM

## *Services Provided at Your HRA*

- Blood Pressure
- Body Mass Index (BMI)
- Cholesterol Panel
- Glucose
- Flu Vaccination

## *Tips for a Smooth Screening*

- Fast 8-12 hours prior to screening.
- Drink plenty of water prior to screening!
- Black coffee is allowed while fasting.
- Please take maintenance prescriptions that don't require food including blood pressure medications.
- Hands should be warm & clean.
- If you're wearing lotion, wash hands prior to screening.

# 2023-2024 SCHEDULE OF WELLNESS EVENTS

## ***60-Day Total Health Challenge (8/21 - 10/20)***

Complete an assigned task every day during the 60 days to better your health. You will be awarded 1 point for each daily activity you complete—earn up to 60 points total. The top 3 participants with the most points will win a prize (a drawing will be held if multiple participants earn all 60 points).

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## ***Fall Into Fitness Step Challenge (11/6 - 12/10)***

Join us at we “Fall into Fitness” for 5 weeks starting November 6th! The fall season is here and we are walking our way to wellness! Participate as an individual or on a team. Participants are encouraged to track and submit their total steps weekly. The top overall stepper & top team will win a prize!

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## ***Good Night, Sleep Right Challenge (1/15 - 2/11)***

Like good nutrition and exercise, sleep is a key element for health & wellness! With this 4-week challenge, your mission is simple: aim to get 7-9 hours of sleep each night. Each week, we'll share some info with tips on how to improve your sleep habits to help you create your perfect sleep routine. A printable sleep tracker will be provided (or you can create your own!) Receive 1 entry into a prize drawing for each night you meet the sleep goal.

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## ***March Madness Step Challenge (4/1 - 5/5)***

This will be a bracket-style challenge. Each week, teams will compete to see who can get the highest average steps! Teams with the highest average steps will move on to the next round the following week. The number of teams and knockouts will depend on the amount of participants. Prizes will be awarded to the top team!

## ***Mobile Mammography Services On-site***

Don't {spring} break on your mammogram! Dates & times TBD.

# PERSONALIZED HEALTH COACHING

**What is health coaching?** Health coaching is a process that facilitates healthy, sustainable lifestyle changes by challenging you to identify your wants and needs and transform those goals into action. A health coaching appointment or series of appointments can focus on a variety of topics: nutrition education, weight management, heart disease, diabetes, digestion, stress reduction and so much more!

Tackling everything on your own is a lot. It is often overwhelming to the point that it's easier to stay where we are. Health Coaching is a process that is facilitated in a specific way so you can be different, without having to think about being different. Lifestyle changes do not happen because of a lack of information, they don't happen due to lack of support. Health coaching can be that support!

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## **TOPICS CAN INCLUDE (BUT NOT LIMITED TO):**

- Nutrition Education
- Weight Management
- Meal Planning
- Exercise
- Stress Reduction
- Sleep
- Hydration
- Heart Health
- Diabetes
- Disease-specific nutrition education (GI disorders, CKD, intolerances, etc.)

*Ascension St. Vincent Tri State Clinics provides the personalized one-on-one health coaching service at no additional cost to you!*

## **GET IN-TOUCH TO SCHEDULE A SESSION:**

Call or email us with your interest and we'll set you up with a health coach that would best fit your needs!



888-492-8722



[tscwellness@ascension.org](mailto:tscwellness@ascension.org)

## **What is Ascension St. Vincent Tri State Clinics?**

Ascension St. Vincent Tri State Clinic is a service that delivers convenient high-quality primary care directly to our employees and dependent family members who are age 2 or older.

Services include preventive and wellness-focused primary care services, care for sudden onset illnesses, chronic condition management such as high blood pressure, diabetes, high cholesterol, anxiety/depression, and allergies. Some labs and medications are also available.

## **What Can I Expect?**

- Convenient access to online or phone scheduling
- Appointments are required. However, there are often same day/next day appointments available.
- Minimal wait times
- Convenient locations and a variety of hours of availability
- Clinic visits, a limited number of lab tests, & limited prescriptions are provided at no cost in the clinic.
- At your request, all medical records including lab tests can be sent to your personal physician or specialist.
- Initial office visits to establish care should be scheduled for 40 minutes.
- Follow-up & illness appointments will take 20 minutes.
- The clinic offers you a 24/7 Patient Support Line to reach a nurse or medical provider to assist you with your needs outside clinic hours.
- All services you receive are confidential.

## **Who is Eligible?**

- All employees are eligible for the clinic.
- All spouses and dependents who are on the MSD North Posey insurance are eligible for the clinic.
- We provide Ascension a list of eligible employees and their dependent family members as well as designated retirees who are eligible to receive services. When you check in for each visit, the clinic staff will verify your eligibility. Please bring a photo ID.

## **Is There a Cost?**

- Access to the Ascension St. Vincent Tri State Clinic is provided to you for no out-of-pocket cost.
- If you are referred to another provider, lab or pharmacy outside of the clinic, your normal health benefits will apply and there may be a deductible, co-pay or other out of pocket cost.

# Where and When Can I Access the Clinic?

## Clinic Hours & Locations



### **MSD of NP Hours:**

Monday 1pm – 5pm  
Tuesday 7am – 11am  
Wednesday 7am – 11am  
Thursday 1pm – 5pm

### **Expressway EVV Hours:**

Monday 8am – 12pm  
Tuesday 1pm – 5pm  
Friday 1pm – 5pm

### **MSD of MV Hours:**

Monday 7am – 11am  
Tuesday 1pm – 5 pm  
Wednesday 1pm – 5pm  
Thursday 7am – 11am  
Friday 7am – 11am

### **Expressway MV Hours:**

Monday 1pm – 4pm  
Wednesday 8:30am – 11:30am  
Friday 12pm – 4pm



### **MSD of North Posey:**

4922 Hwy 165  
Wadesville, IN 47638

### **MSD of Mt. Vernon:**

700 N. Canal Street  
Mt. Vernon, IN 47620  
(Hedges Building)

### **Expressway Evansville:**

5230 Division St  
Evansville, IN 47715  
(Mitsubishi Building)

### **Expressway Mt. Vernon:**

3800 IN-62  
Mt. Vernon, IN 47620

## **Can I get My Prescriptions at the Clinic?**

- Clinic medications prescribed by the clinic provider, in the clinic formulary, and available at the time of your visit will be provided at your visit.
- Prescriptions will be written by the provider for medications not on the clinic formulary or available at the time of your visit. You will receive your medications from the provider whenever possible.
- The clinic does not fill prescriptions written by an outside provider. A visit and evaluation with the clinic provider is required before any medication needs are considered.

## **What Medications are Available?**

Although you may not see your exact medication on your clinic's formulary, there is likely something that is similar that could also treat your medical condition. Please call the clinic to make an appointment with a provider.

## **Common Medication Classifications to Treat Conditions Included But Not Limited to:**

- Anti-Inflammatory
- Anxiety/Depression
- Antidiabetic
- Hypertension
- Antibiotics
- Allergy
- GERD

## **Medication Refill Process**

In order to best serve all patients, we request that you do not stop in the clinic for a refill without a scheduled appointment. Patients needing a refill must schedule an appointment at least 24 hours prior by going online or calling our Patient Support Team at **1-888-492-8722**.

When making an appointment, please list which medication(s) you need refilled. You must schedule an appointment with your provider every 6 months for ongoing conditions that require medication management.

# On-Site Medication List

**PLEASE NOTE:** This is the list of medications that are currently stocked in your On-site Clinics. Although you may not see your exact medication on this list, there is likely something that is similar that could also treat your medical condition.

## ALLERGY

- Albuterol inhaler
- Cetirizine 10mg
- Diphenhydramine 25mg
- Fluticasone 50mcg
- Loratadine 10mg
- Montelukast 10mg

## ANTIBIOTICS

- Amoxicillin 500mg, 400mg/5ml susp
- Augmentin 875mg/125mg
- Azithromycin 250mg tabs, susp
- Ceftriaxone 1g
- Cephalexin 500mg
- Ciprofloxacin 500mg
- Levofloxacin 500mg
- Minocycline 50mg
- Sulfa/Trimet 800-160mg
- Tobramycin 0.3%
- Triple ATB Ointment

## ANTIDIABETIC

- Glimepiride 4mg
- Metformin HCL 500mg
- Metformin HCL 1000mg

## ANTI-FUNGAL

- Fluconazole 150mg

## ANTI-INFLAMMATORY

- Ibuprofen 800mg
- Meloxicam 15mg
- Naproxen 500mg
- Prednisone 20mg

## ANTI-NAUSEA

- Promethazine 25mg

## ANXIETY/DEPRESSION

- Amitriptyline 25mg
- Bupropion SR 150mg
- Citalopram 20mg
- Duloxetine 60mg
- Escitalopram 10mg
- Fluoxetine 10mg, 20mg
- Paroxetine 20mg
- Sertraline 50mg, 100mg
- Venlafaxine 75mg

## BPH

- Tamsulosin 0.4mg

## CHOLESTEROL

- Atorvastatin 20mg
- Gemfibrozil 600mg
- Simvastatin 20mg, 40mg

## CORTICOSTEROID

- Hydrocortisone cream

## COUGH

- Benzonatate 100mg

## GERD

- Omeprazole 20mg
- Pantoprazole 40mg

## HORMONE

- Sprintec
- Tri-Sprintec

## HYPERTENSION

- Amlodipine 10mg
- Atenolol 50mg
- HCTZ 25mg
- Lisinopril 10mg, 20mg
- Lisinopril/HCTZ 20-12.5mg
- Metoprolol Tartrate 50mg, 100mg
- Triamterene/HCTZ 37.5-25mg

## THYROID

- Levothyroxine 50mcg, 100mcg



## Labs Available

- Basic Metabolic Panel
- Complete Blood Count (CBC)
- Complete Metabolic Panel
- Glucose (blood sugar)
- Hemoglobin A1c
- Hepatic Function Panel
- Lipid Panel
- Pap Smear
- Prostate Specific Antigen (PSA)
- Rapid Flu Test
- Rapid Strep Test
- Renal Function Panel
- Rheumatoid Factor
- Sed Rate
- Thyroid Hormone (TSH)
- Uric Acid
- Urinalysis
- Urine Culture
- Thyroid Tests (T3 Total, T4, T4 Free)
- Lipase
- Mono Testing
- Iron Testing
- Ferritin
- B12
- Anti Nuclear
- Antibody
- Creatinine

## How Can the Clinic Serve You?

- Same day / next day appointments
- No wait time
- Clinic visits, lab tests & prescriptions are provided at no cost to the employee and their dependents
- At your request, all medical records include lab tests can be sent to your personal physician or specialist.
- Results can also be found on your patient portal.
- Initial office visits to establish care should be scheduled for 40 minutes.
- Follow up & illness appointments will take 20 minutes.
- The clinic offers you a 24/7 Patient Support Line to reach a nurse or medical provider to assist you with your needs outside clinic hours.

## How Do I Schedule an Appointment?

- Go to: **[employerwellness.ascension.org/TriStateClinics](https://employerwellness.ascension.org/TriStateClinics)**
- Use the **Make An Appointment** link at the top of the page.
- Choose the **location** that best suits you.
- Next, select **Book an appointment with a provider** OR **Book an appointment for medication refills/labs/injections** and fill in the requested information to schedule your appointment.
- Or, call our Patient Support Team at **888-492-8722** to schedule!