



## Wellness Services at



### What Wellness Services can I receive at the miCare Health Center?

Your employer sponsored miCare Health Center is proud to offer many Wellness Services that you normally would be able to receive at any community health center. These Wellness Services include pap smears, smoking cessation, weight loss, etc. Chances are, if you can get the Wellness Service from your family physician, you can get it at miCare!

### When can Wellness Services be done?

Visit [ebms.com](http://ebms.com) to schedule a time for wellness services to be done.

### Why are Wellness Services important?

Regular health and wellness exams can help identify problems before they start, or in the early stages.

### What would these Wellness Services normally cost elsewhere?

Wellness Service	miCare Cost to Member
Pap Smears	\$0.00
Physicals	\$0.00
Smoking Cessation Education	\$0.00
Well Woman	\$0.00
Well Man	\$0.00
Weight Management	\$0.00
Sports Physicals	\$0.00
Stress Management	\$0.00



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