

FOCUS ON BENEFITS 2022

Elmbrook School District

ELMBROOK FAMILY WELLNESS CENTER CLINIC

\$20 PER CARE/TREATMENT VISIT

\$0 PREVENTIVE EXAM, LABS, IMMUNIZATIONS

The Clinic provides comprehensive management of chronic conditions and general care for employees, spouses, dependent (age 2+) and retirees covered by the Elmbrook Health Plan.

The staff at the Elmbrook Schools Family Wellness Center is ready to help you stay healthy, lower risk factors and improve your quality of life.

Medications available with Wellness Center staff via written prescription through on-site dispensary, retail pharmacy or CVS/Caremark mail order.

Acute Care – getting back to healthy

Treating illnesses, minor injuries, and skin conditions.

- Cold/flu
- Conjunctivitis
- Cuts
- Headache/migraine
- Ear Infections
- Fever
- Muscle and joint pains
- Nausea/vomiting
- Rashes
- Sinus infections
- Sore and strep throat
- AND MORE!

Preventive Care – staying healthy

Administering vaccines, health education, and wellness services.

- Pediatric Care
- Wellness Screenings
- Wellness Coaching
- Annual Physicals
- Well-Woman Physicals
- Vaccinations
- Weight Loss
- Smoking Cessation
- AND MORE!

Disease Management – maintaining your health

Developing treatment plans and follow-up for chronic conditions.

- Allergies
- Asthma
- EAP Referrals
- Diabetes
- Emphysema
- High blood pressure
- High cholesterol**
- Thyroid conditions
- Weight management
- AND MORE!

CLINIC HOURS:

- Monday:** 7:00 a.m.- 5:00 p.m.
- Tuesday:** 9:00 a.m.- 7:00 p.m.
- Wednesday:** 9:00 a.m.- 7:00 p.m.
- Friday:** 6:00 a.m. – 11:00 a.m.

SCHEDULE AN APPOINTMENT:

Direct Line [Office Hours]: (262) 214-1101
Scheduling: (866) 959-9355

www.elmbrookschoools.org/wellnesscenter

ADDRESS: 17000 W. North Avenue
Suite 100E
Brookfield, WI 53005

MEET YOUR CENTER STAFF:

Kalmette (Kalee) Cambray
DNP, APNP, AGACNP-BC, FNP-C
Doctorate in Nurse Practice

- Experienced in primary care, internal medicine, pediatrics, urgent care & emergency medicine
- Licensed in WI to diagnose, treat, prescribe & dispense medications



Leslie Pierce, MPSPAS, PA-C
Physician's Assistant



- Experienced in family medicine and treating acute and chronic conditions
- Licensed to diagnose, treat, prescribe & dispense

Alise Brown
Wellness Coach

- Diabetes
- Weight management
- Hypertension
- Hyperlipidemia
- Meal planning & preparation
- Exercise planning & preparation
- Stress management support
- Healthy lifestyle support



Catherine Schindler
Medical Office Assistant



Karen Befi
Center Receptionist