

GETTING STARTED

BeWell



Hendricks
Regional Health

AT WORK

Your Health and Wellness Journey Starts with your Wellness Center

Call (317) 838-WELL (9355) to schedule an appointment with your employer Wellness Center today.

We want our employees to lead balanced lives and commit to developing lifelong habits of wellness. Your employer Wellness Center offers comprehensive services and programs that focus on the health and well-being of you and your dependents.

The Wellness Center model was designed to help you meet your health goals and save on out-of-pocket medical expenses. **All Wellness Center services are offered at no charge.**

How to Get Started

Your first step is to schedule an appointment to meet your provider and become an established patient. It's our goal to make it as easy and convenient as possible to schedule. Simply call our Wellness Center Concierge Line at 317.838.WELL (9355). Our helpful navigators can schedule an appointment time at one of our five convenient locations, Avon, Brownsburg, Danville, Indianapolis, or Plainfield.

What to bring to your first appointment

- Photo ID
- Insurance card
- Medications in original containers or a list complete with dosage



Dr. April Johnson, Medical Director
Lifestyle Medicine Certification



Dr. Cindi Speelman
Board-certified Family Practice Physician,
Fellowship Trained in Primary Care Psychiatry



Heidi Pifer, FNP-C



Megan McConnell, FNP-C



Laura Murray, FNP-C



Stephanie Marlow, FNP-C



Brandie Ruark, FNP-C



Krysta Graham, FNP-C

[illegible]

If you are using MyChart to schedule an appointment, and you do not see a time or location that is convenient for you, please call (317) 838-WELL (9355), and a member of our team can assist you.

Avon Wellness Center HRH Avon Medical Building 8244 E. U.S. Hwy 36 Suite 1310 Avon, IN 46123	Brownsburg Wellness Center HRH Brownsburg Medical Building South 1411 S. Green St. Suite 220 Brownsburg, IN 46112	Danville Wellness Center Corner of Manor Dr. 1555 E. Main St. Danville, IN 46122	Plainfield Wellness Center HRH Plainfield Medical Building 1100 Southfield Dr. Suite 1312 Plainfield, IN 46168	Wayne Twp Wellness Center West Lake Office Plaza 602 N. High School Rd. Suite C Indianapolis, IN 46214
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ACCESS TO CARE

BeWell



Easy Ways to Access Care in Your Wellness Center

Your employer Wellness Center is a convenient first stop when you or your family members need health care. It provides the opportunity for free preventative health services, medications, as well as care when you are sick. Through our shared model, you may go to four different Hendricks Regional Health Employer Wellness Center locations within Hendricks County. Even better, you are just a click or a call away!

If you haven't been seen in the last year or never been seen in your employer Wellness Center, now's the time to get started. Here are two ways to schedule your visit:

Schedule Online With MyChart at [MYCHART.HENDRICKS.ORG](https://mychart.hendricks.org).

Visit our patient portal, MyChart, to schedule online. You may also use MyChart to receive test results and send secure messages to your healthcare provider. For scheduling help, check out our tip sheet and other patient resources at [HENDRICKS.ORG/WELLNESSCENTERS](https://hendricks.org/wellnesscenters).

Call our dedicated concierge line at (317) 838-WELL (9355).

Our team is available to help you with scheduling over the phone or to assist with other Wellness Center services. We may be reached Monday through Friday from 7 a.m. to 5 p.m. If we are on the line assisting other patients, please leave a detailed voicemail with your callback number.

Prescription medications available to you through Hendricks Regional Health partnership with Northwind Pharmacy!

Your Wellness Center offers a rich variety of prescription medications available at no cost to participants on the health plan. Take your first step and schedule an appointment to become a patient by calling (317) 838- WELL (9355) or scheduling at [MYCHART.HENDRICKS.ORG](https://mychart.hendricks.org).

Depending on your prescribed medications, take advantage of our free, home delivery service through a Hendricks Regional Health partnership with Northwind Pharmacy. Contact Northwind Pharmacy, Monday through Friday, from 9 a.m. to 5 p.m. at (317) 288- 9762 with questions.

[Hendricks.org/WellnessCenters](https://hendricks.org/WellnessCenters)



Healthier employees. **HEALTHIER BUSINESS.**

WHO WE ARE

At Hendricks Regional Health, we believe in improving your health and wellness. Our multidisciplinary team provides a comprehensive wellness coaching program, giving you up-to-date tools to eat healthier, move more, and live a healthier life. Our wellness coaching team is here to support you on your wellness journey.

WHAT WE DO

Wellness coaching is an innovative approach to help meet the goals noted above. Our coaches will meet with you to help you begin your journey to “your best self”. Maintaining a healthy lifestyle through proper nutrition, exercise and stress management is vital for your health and can improve your quality of life.

PROGRAM OPTIONS: Offered in-person or virtual

We offer our wellness coaching through two avenues – group and individual. Our group wellness coaching program meets for 18 sessions to set goals and cover the Six Pillars of Wellness including nutrition, physical activity, sleep, stress management, risky substance cessation and healthy relationships. In addition to your wellness coach, you can meet one-on-one with our registered dietitian nutritionist, exercise specialist or emotional fitness specialist, if needed, to help you reach your goals. Our individual coaching program is a one-on-one approach with a certified health and wellness coach to help you set goals and progress toward your wellness vision.

GET STARTED

Ready to take the first step towards your best self? To schedule a coaching appointment, please call (317) 718-8160 or email wellness@hendricks.org.

Sign up for your Hendricks Regional Health #BeWell Newsletter to learn about different areas of health and wellness at HENDRICKS.ORG/BEWELL.



BEFORE YOU GO, KNOW WHERE TO GO AND WHEN – *How to make the best choice.*



WELLNESS CENTER

Services offered at no additional cost

When to visit:

- Appointment needed
- Convenience of care in Avon, Brownsburg, Danville and Plainfield

Services and Symptoms:

- Comprehensive annual physicals that include health risk assessments
- Adult Immunizations
- Colds, cough or flu
- Ear infection
- Chronic illness management (Diabetes, Hypertension, High Cholesterol)
- Nausea or diarrhea
- Rash, skin condition or pink eye
- Women's wellness visits
- Urinary tract infection
- Sexual health testing
- Referrals (Radiology, Specialties, etc.)
- Care navigation (Mental Health)
- Pharmacy services that include a formulary of medications
- Lab formulary services
- Wellness program opportunities
- Migraine headache
- Minor pain, sprains, or swelling, but still able to move or walk

IMMEDIATE CARE CENTER

Deductibles and copays may apply

When to visit:

- Evening, weekend and holiday hours available
- Convenience of care in Avon, Brownsburg and Plainfield
- No appointment necessary

After-Hours Symptoms:

- Colds, cough or flu
- Nausea or diarrhea
- Ear infection
- Treatment of minor allergic reactions or attacks
- Dizziness or dehydration
- Urinary tract infection
- Minor burns, cuts, lacerations or bites
- Broken bone
- Rash, skin condition or pink eye
- Migraine headache
- Minor pain, sprains, or swelling, but still able to move or walk

EMERGENCY DEPARTMENT

Deductibles and copays may apply

When to visit:

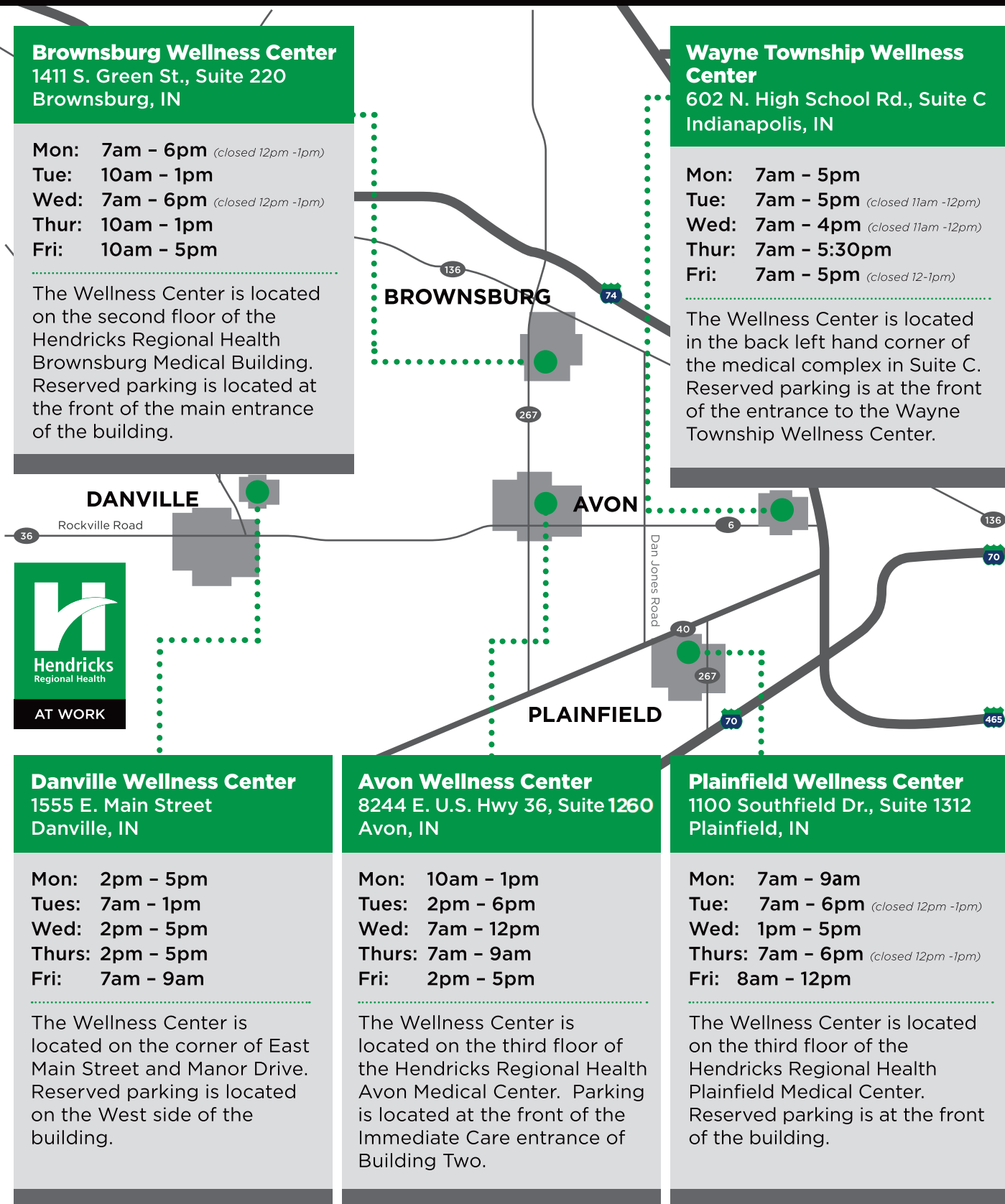
- Acute, traumatic medical needs
- No appointment necessary

After-Hours Symptoms:

- Persistent chest pain
- High fever or fever in an infant
- Stroke or heart attack symptoms
- Serious head injury or eye injury
- Accidental ingestion of foreign substance or object
- Severe pain, swelling or immobility in joint or muscle
- Joint or body part is immobile or appears misshapen
- Trouble breathing
- Excessive bleeding or cuts that require stitches
- Seizure
- Sudden, severe headache
- Severe allergic reaction or attack
- Accident
- Trauma

HENDRICKS REGIONAL HEALTH EMPLOYER WELLNESS CENTERS

A QUICK GUIDE: Locations, Hours & Contact Information



Hendricks.org/WellnessCenters

Tel: (317) 838-WELL (9355) | Fax: (317) 718-2955

ONLINE SCHEDULING

Hendricks
Regional Health

AT WORK

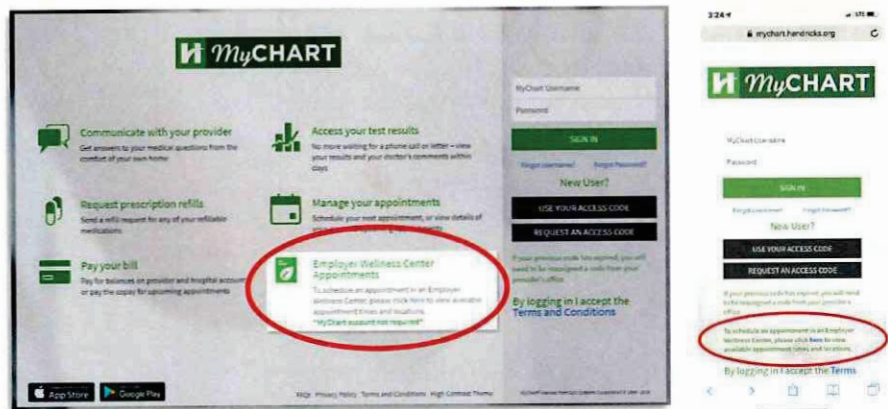
How to Schedule Online for Your Employer Wellness Center

Follow these steps to schedule an appointment online in one of our employer Wellness Centers:

① VISIT MYCHART. HENDRICKS.ORG

Open a web browser (Internet Explorer, Chrome, Firefox, or Safari) and go to **mychart.hendricks.org**.

Locate the Employer Wellness Center Appointments section on the home page and click the blue "here" hyperlink. This will take you to the scheduling page where you can search and book appointments.



② CHOOSE APPOINTMENT TYPE & LOCATION

Next, select **Business Health** as the **Specialty**.

Then, choose the **Type of Appointment** you need. Enter your zip code to find locations closest to you with availability. Or, select **All Locations** to view all available appointments.

Find a Doctor

① Choose a Specialty

Business Health

Family Medicine

Internal Medicine

② Choose a Type of Appointment

Office Visit

New Patient

Physical

Well Child

Lab

Rx Refill

③ Choose a Location

Locations Near Me

Locations Near ZIP code

SEARCH

All Locations

③ PICK A DATE & TIME

Once you have found your desired location, select the date and time that works best for your schedule. The time you select will be highlighted in green.

④ Choose a Time

Showing: All

Person: All

Location: HRH BRN WELLNESS CTR

Day: Time: All

Tuesday, August 28, 2018

HRH Brownsburg Wellness Provider

HRH BRN WELLNESS CTR 201.2 mi. away

1:30 PM 2:00 PM

MORE...

MORE...

mychart.hendricks.org

ONLINE SCHEDULING

④ COMPLETE APPOINTMENT INFORMATION

Enter a **Reason for Visit**. Then click **Schedule It!** once you have reviewed all the appointment information.

5 Confirm and Schedule

HRH Brownsburg Wellness Provider

Tuesday, August 28, 2018
1:30 PM

HRH BRN WELLNESS CTR
471 E. Northfield Drive
BROWNSBURG, IN 46222

☐ I am a new patient and would like to establish care with a provider at this location.

Maximum 255 characters

SCHEDULE IT!

⑤ LOG INTO YOUR MYCHART ACCOUNT OR CHOOSE TO SCHEDULE AS A GUEST

If you already have a MyChart account, you can enter your Username and Password to finish scheduling the appointment.

If you do not have a MyChart account and would like to **Schedule as a Guest**, enter all the required information (noted by a red icon). Note: Insurance information is not required.

You're Almost Done...

Log in to MyChart to Schedule Your Appointment

MyChart Username Password **LOG IN AND SCHEDULE IT!**

Schedule as a Guest: Not a MyChart user? Complete the information below for the patient.

→ Patient Information

First Name Last Name Date of Birth

☐ Indicate a required field Insurance Info

⑥ COMPLETE THE SCHEDULING PROCESS

Click **Next** when you have filled out all information on each page. The last step will be to complete the CAPTCHA verification and click **Schedule It!**.

Verification

As a spam prevention measure, complete the CAPTCHA below.

☒ I'm not a robot

CAPTCHA Image

⑦ REVIEW YOUR CONFIRMATION

You will see a confirmation page with your appointment information. You can print this to keep as a reminder for your appointment.

MyCHART

Thanks, [Name], your appointment is scheduled!

HRH Brownsburg Wellness Provider

Tuesday, August 28, 2018
1:30 PM

HRH BRN WELLNESS CTR
471 E. Northfield Drive
BROWNSBURG, IN 46222

App Store Google Play

HRH | Privacy Policy Terms and Conditions | High Contrast Theme

STAY CONNECTED WITH MYCHART!

If you haven't signed up for our MyChart patient portal, the process is fast, simple and secure. Ask our team at your next Wellness Center visit, or go to **mychart.hendricks.org** and click on "Request an Access Code." Then, follow the steps to create your account. Questions? Call (317) 456-9060 for assistance.



info@nwpharma.com

phone 317-288-9762
toll-free 888-334-0052
fax 317-653-1113

Monday–Friday,
8am–5pm EST

Thank you for choosing Northwind Pharmacy!

Our pharmacy staff are available during regular business hours to answer any questions or concerns you have regarding your medication(s). Please don't hesitate to get in touch.

Things to know

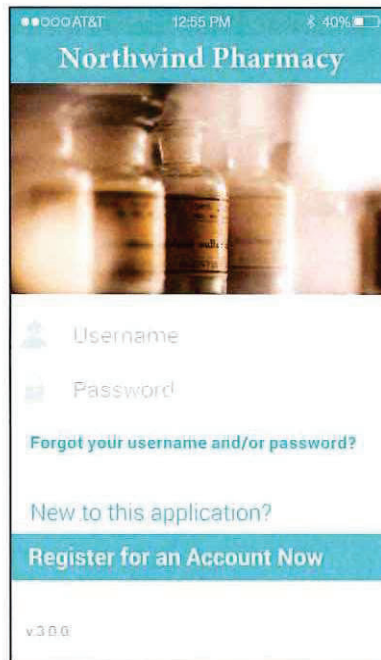
**See reverse side
to learn how to set
up the Northwind
Pharmacy app!**

- Included is a Patient Education Summary and/or Medguide, providing you information on how to properly use your prescription.
- **If you have any drug allergies that we need to be aware of, please call us immediately!**
- You will receive communication via email/text/phone when your prescription has been shipped.
- If you are out of refills, please see a health provider before your prescription expires.
- If your prescription includes temperature-sensitive drug products, your package will arrive in a Styrofoam cooler with cold packs. These packs are safe to dispose in your own waste receptacle.
- For Regular Service, the primary shipping method will be USPS First Class with tracking, with 3-5 day mailing times.
- If you have a change of address or phone number, please notify your clinic and/or Northwind Pharmacy immediately.

We are required by law to maintain the privacy and security of your Protected Health Information (PHI). We will let you know promptly if a breach occurs that may have compromised the privacy and security of your information. We will not share your PHI or other information with any outside entities other than described here, unless you tell us in writing to do so.

For optimal service and convenience, download our free Northwind Pharmacy app for refills and reminders!

- 1 Go to your app store, download the "RxLocal" app and register for an account.



- 2 Find Northwind Pharmacy within the app.

- 1) After you click "Register" navigate to Indiana
- 2) After you click Indiana, navigate to Indianapolis
- 3) After you click Indianapolis you should see Northwind Pharmacy in the list.



- 3 Fill in your last name, Rx number, and date of birth. All fields much match our database.

- 4 Choose a username and fill in your email address.

- 5 Set a PIN that you'll remember, and you're ready to go!