

GETTING STARTED

BeWell



AT WORK

## Your Health and Wellness Journey starts with your Wellness Center

HRH is committed to your journey of creating a balanced life and in 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 Centers are designed to offer primary-care focused appointments, physicals, referrals, sick visits and more! Most Wellness Center services are offered at no cost to you or your health plan.



Dr. April Johnson,  
Medical Director,  
Lifestyle Medicine  
Certified



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

### 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 create an appointment time for you or your loved ones at one of our five convenient locations. Additionally, they can assist you with general questions, navigate referrals, and more!**

*Please remember to bring your photo ID, insurance card and a complete list of your medications with dosing instructions.*



Jaspreet Dhaliwal, NP



Lauren Surfus, PA



Heidi Pifer, NP



Stephanie Marlow, NP



Laura Murray, NP



Riley Day, NP



Michelle Barrett, NP



## WELLNESS CENTER WEEKLY SCHEDULE

Monday			Tuesday				Wednesday				Thursday			Friday			
Brownsburg 7a-6p	Wayne Twp 7a-5p	Plainfield 7a-9a	Plainfield 7a-6p	Wayne Twp 7a-5p		Danville 7a-4p	Brownsburg 7a-6p	Wayne Twp 7a-4p	Danville 7a-11a		Plainfield 7a-6p	Wayne Twp 7a-530p	Avon 7a-9a	Wayne Twp 7a-5p	Plainfield 7a-12p	Danville 7a-11a	
		Avon 10a-1p	Closed 12p-1p	Closed 11a-12p	Brownsburg 10a-1p	Closed 12p-1p	Closed 12p-1p	Closed 11a-12p		Closed 12p-1p		Brownsburg 10a-1p	Closed 12p-1p				Brownsburg 10a-5p
Closed 12p-1p									Avon 12p-5p								Closed 12p-1p
										Plainfield 1p-5p							
		Danville 2p-5p											Danville 2p-5p				Avon 2p-5p

**If you are using MyChart to schedule an appointment, and you do not see a time/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 1260  
 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

*For more information, call the Wellness Center (317) 838-WELL (9355), Monday-Friday, 7am-5pm.*

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



AT WORK

## WELLNESS CENTER

*Services offered at no additional cost*

### When to visit:

- Monday-Thursday, 7am - 6pm
- Friday, 7am - 5pm
- Convenience of care in Avon, Brownsburg, Danville, Plainfield and Indianapolis

### 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:

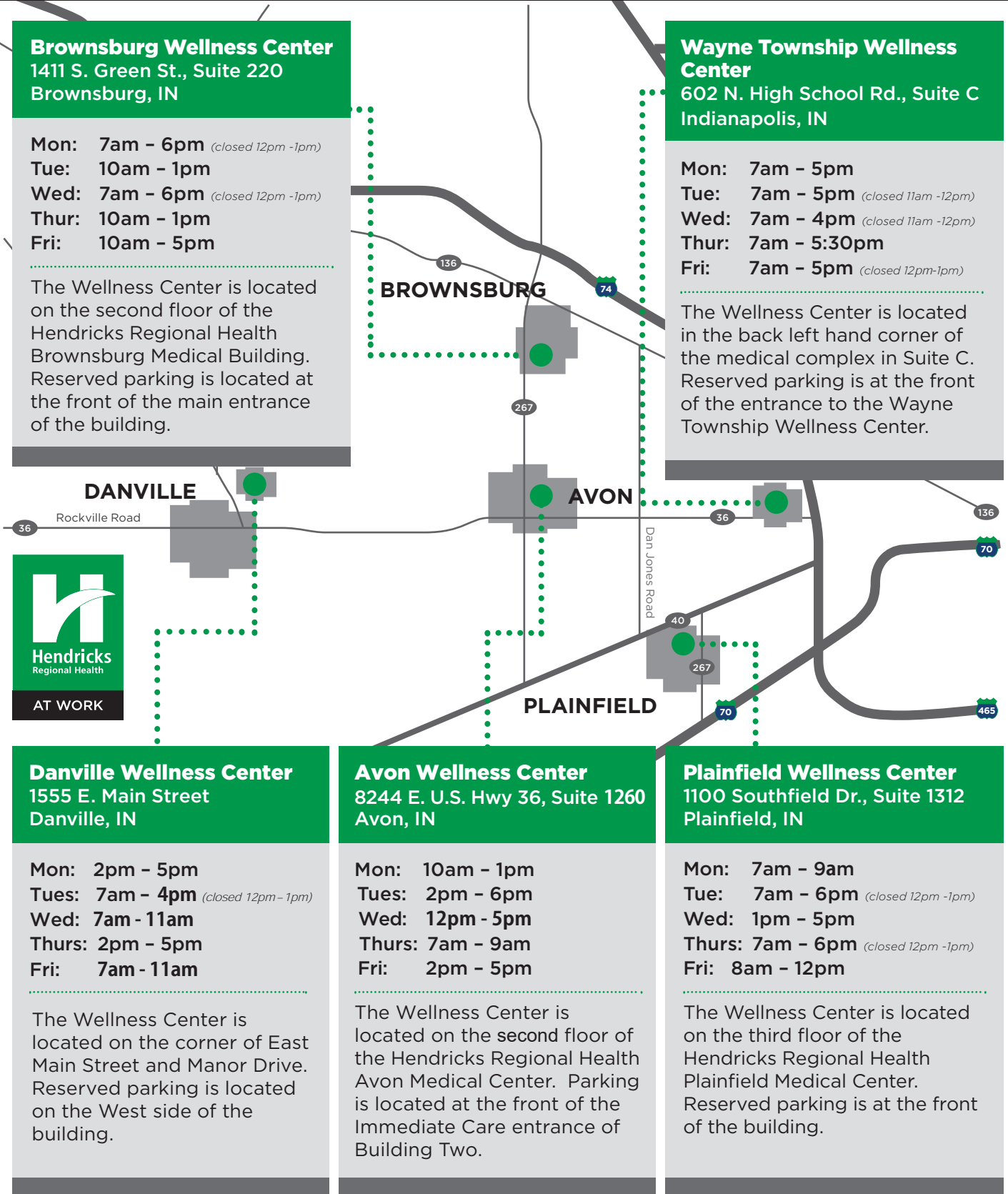
- Persistent chest pain
- High fever or fever in an infant
- Stroke or heart attack symptoms
- Serious head injury or eye injury
- Accidental ingestion of foreign substance or object
- Severe pain, swelling or immobility in joint or muscle
- Joint or body part is immobile or appears misshapen
- Trouble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

*\* Some appointments can be completed virtually through MyChart. Please call (317) 838-WELL(9355) if you are interested in a virtual visit.*

**Hendricks.org/WellnessCenters or call (317) 838-WELL (9355)**

# HENDRICKS REGIONAL HEALTH EMPLOYER WELLNESS CENTERS

## A QUICK GUIDE: Locations, Hours & Contact Information



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

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



*Healthier employees.*  
**HEALTHIER BUSINESS.**

## Wellness Center Laboratory Fee Schedule

ABO (Blood Group Testing)  
ACETAMINOPHEN  
AFFIRM-CANDIDA SPECIES  
AFFIRM-GARDNERELLA VAGINALIS  
AFFIRM-TRICHOMONAS VAGINALIS  
ALBUMIN  
ALDOLASE  
ALDOSTERONE BLOOD  
ALKALINE PHOSPHATE ISOENZYME  
ALKALINE PHOSPHATASE  
ALPHA FETOPROTEIN SERUM  
AMIKACIN  
AMYLASE  
ANA TITER (ANTI-NUCLEAR ANTIBODY TITER)  
ANAEROBIC CULTURE  
ANDROSTENEDIONE  
ANGIOTENSIN-CONVERTING ENZYME  
ANTI DNA ANTIBODY  
ANTI HEPATITIS A VACCINE IMMUNOGLOBULIN  
ANTI HEPATITIS B CORE TOTAL  
ANTI HEPATITIS B STATUS  
ANTIBODY IDENTIFICATION  
ANTIBODY SCREEN  
ANTISTREPTOLYSIN O SCREEN  
  
BETA 2 MICROGLOBULIN SERUM  
BETA STREP SCREEN A RAPID  
BILIRUBIN DIRECT  
BILIRUBIN TOTAL  
BLOOD CULTURE  
BMP (BASIC METABOLIC PANEL)  
BNP (BRAIN NATRIURETIC PEPTIDE)  
BUN (BLOOD UREA NITROGEN)  
  
CA 125 (CANCER 125)  
CALCITONIN  
CALCIUM  
CALCIUM URINE 24 HOUR  
CARBON DIOXIDE (CO<sub>2</sub>)  
CAROTENE  
CBC (COMPLETE BLOOD COUNT)  
CBC WITH DIFF (COMPLETE BLOOD COUNT WITH DIFFERENTIAL)  
CERULOPLASMIN  
CHLORIDE  
CHOLESTEROL  
CK (CREATINE KINASE)  
CK MB (CREATINE KINASE MB)  
CLOSTRIDIUM DIFFICILE BY PC  
CMP (COMPLETE METABOLIC PANEL)  
CORTISOL  
CORTISOL URINE  
C PEPTIDE  
CRP (C-REACTIVE PROTEIN)  
  
C-REACTIVE PROTEIN HIGH SENSITIVITY  
CREATININE  
CREATININE (URINE)  
CULTURE STREP GROUP B  
CYTOMEGALOVIRUS TITER  
  
D DIMER  
DEHYDROEPIANDROSTERONE  
DHEA SULFATE (DEHYDROEPIANDROSTERONE SULFATE)  
DIGOXIN  
DILANTIN  
DIRECT COOMBS  
DIRECT LDL (DIRECT LOW DENSITY LIPOPROTEIN)  
  
EBV EA D IgG (EPSTEIN BARR VIRUS ANTIBODY)  
EBV PROFILE (EPSTEIN BARR VIRUS PROFILE)  
ELECTROLYTE PANEL  
EOSINOPHIL COUNT  
EPSTEIN BARR VIRUS  
ESTRADIOL  
ESTROGENS-FRACTION  
  
FERRITIN  
FIBRINOGEN ACTIVITY  
FOLATE  
FOLIC ACID, RED BLOOD CELL  
FREE T3 (FREE TRIIODOTHYRONINE 3)  
FREE T4 (FREE TRIIODOTHYRONINE 4)  
FSH (FOLLICLE STIMULATE HORMONE)  
FTA-ABS (FLUORESCENT TREPONEMAL ANTIBODY ABSORPTION)  
FUNAGAL IMMUNODIFFUS ION  
  
G6PD (GLUCOSE-6-PHOSPHATE DEHYDROGENASE)  
GASTRIN  
GENERAL HEALTH PANEL  
GENTAMICIN  
GGT (GAMMA-GLUTAMYL TRANSFERASE)  
GLUCOSE BLOOD FASTING  
GLYCOSYLATED HEMOGLOBIN  
GRAM STAIN  
  
HAPTOGLOBIN  
HB-S AG (HEPATITIS B SURFACE ANTIGEN)  
HCG (HUMAN CHORIONIC GONADOTROPIN)  
HIGH DENSITY LIPO PROTEIN CHOLESTEROL DIRECT  
HEAVY METALS SCREEN BLOOD  
HEMOGLOBIN ELECTROPH  
HEPATIC FUNCTION PANEL  
HEPATITIS A TOTAL  
HEPATITIS B VIRAL DNA  
HEPATITIS C  
HEPATITIS C RNA QUANTITATIVE  
HISTOPLASMA COMPLEMENT FIXATION

HIV 1 HIV 2 SGL AB ASSAY(HUMAN IMMUNO VIRUS SINGLE ANTIBODY)  
HUMAN GROWTH HORMONE

IGA (IMMUNOGLOBULIN A)  
IGD (IMMUNOGLOBULIN D)  
IGE (IMMUNOGLOBULIN E)  
IGF-1 (IMMUNOGLOBULIN F)  
IGG (IMMUNOGLOBULIN G)  
IGM (IMMUNOGLOBULIN M)  
IMMUNOELECTROPHORESIS SERUM  
IMMUNOGLOBULIN SERIES IGA, G, M  
INFLUENZA A&B VIRUS RAPID  
INSULIN ANTIBODIES  
INSULIN TOTAL  
IRON  
IRON BIND CAPACITY

LDH (LACTO DEHYRDOGENASE)  
LEAD BLOOD  
LEGIONAIRE TITER IGM  
LIPASE  
LIPID PANEL  
LITHIUM  
LUTEINIZING HORMONE

MAGNESIUM  
MAGNESIUM URINE  
METANEPHRINES/URINE  
MICROALBUMIN  
MUMPS ANTIBODY  
MYOGLOBIN/URINE  
MYSOLINE

OCCULT BLOOD FECES DIAGNOSTIC  
OSMOLALITY/URINE  
OSMOLALITY/BLOOD

PAP DIAGNOSTIC  
PAP SMEAR SCREEN  
PAPILLOMAVIRUS HUMAN AMP PROBE  
PAPILLOMAVIRUS/HUMAN  
PARVOVIRUS ANTIBODY, IgG  
PARVOVIRUS ANTIBODY, IgM  
PHENOBARBITONE  
PHOSPHORUS  
PINWORM EXAM  
PLASMA FREE HEMOGLOBULIN  
PLATELET AUTOMATED  
PORPHYRIN  
POTASSIUM  
POTASSIUM/URINE  
PREALBUMIN  
PREGNENOLONE  
PRENATAL PROFILE 1 CLIENT  
PRENATAL PROFILE 10 CLIENT  
PRENATAL PROFILE 3 CLIENT  
PRENATAL PROFILE 4 CLIENT  
PRENATAL PROFILE 5 CLIENT  
PRENATAL PROFILE 6 CLIENT  
PRENATAL PROFILE 7 CLIENT  
PRENATAL PROFILE 8 CLIENT  
PRENATAL PROFILE 9 CLIENT  
PROGESTERONE  
PROLACTIN  
PROTEIN ELECTROPHORESIS

PROTEIN TOTAL  
PROTHROMBIN TIME  
PROSTATE SPECIFIC ANTIGEN DIAGNOSTIC  
PROSTATE SPECIFIC ANTIGEN SCREENING  
PTT (PARTIAL THROMBOPLOASTIN TIME)

RA PROFILE (RHEUMATOID ARTHRITIS PROFILE)  
RA FACTOR (RHEUMATOID ARTHRITIS FACTOR)  
RENAL PANEL  
RESPIRATORY SYNCYTIAL VIRUS  
RETICULOCYTE  
RH (RHESUS)  
ROTAVIRUS SCREEN  
ROUTINE SCREEN  
RUBEOLA ANTIBODIES  
RUSSEL VIPOR VENOM DILUTED

SALICYLATE  
SEDIMENTATION RATE AUTOMATED  
SEX HORMONE BINDING GLOBULIN  
SGOT (SERUM GLUTAMIC OXALOACETIC TRANSAMINASE)  
SGPT (SERUM GLUTAMIC PYRUVIC TRANSAMINASE)  
SODIUM  
SODIUM/URINE  
STD URINE/SWAB CHLAMYDIA AMP DNA PROBE  
STD URINE/SWAB GC AMPLIFIED DNA PROBE  
STOOL CULTURE  
SYPHILIS QUALITATIVE

T3 REVERSE (TRIIODOTIRONINA )  
T4, TOTAL  
TB QUANTIFERON (TUBERCULOSIS)  
TBG BY RIA ( THYROXINE BINDING GLOBULIN)  
TEGRETOL  
TESTOSTERONE, FREE  
TESTOSTERONE, TOTAL  
THEOPHYLLINE  
TOBRAMYCIN-PRE/POST/RANDOM  
TOXOPLASMOSIS IgM, IgG  
TPO (THYROID PEROXIDASE)  
TRANSFERRIN  
TRIGLYCERIDES  
TROPONIN 1  
TSH 3RD GENERATION (THYROID STIMULATING HORMONE)

URIC ACID  
URINALYSIS  
URINALYSIS PROTEIN  
URINE CULTURE  
URINE DRUG SCREENING  
URINE PH

VALPROIC ACID  
VANCOMYCIN PRE/POST/RANDOM  
VARICELLA IgG  
VITAMIN A  
VITAMIN B 12  
VITAMIN C  
VITAMIN D  
VMA (VANILLYLMANDELIC ACID)

ZINC PROTOPORPHYRIN  
ZINC WHOLE BLOOD  
24 HOUR CREATININE CLEARANCE  
25 VITAMIN D-3

## Antibiotic (Antimicrobial) Medications

Amoxicillin & Clavulanate (Augmentin)	875mg
Amoxicillin (Moxatag)	500mg
Sulfamethoxazole and Trimethoprim (Bactrim DS)	800/160mg
Clarithromycin (Biaxin)	500mg
Cefdinir (Omnicef)	300mg
Ciprofloxacin (Cipro)	250mg
Doxycycline (Vibramycin)	100mg
Cephalexin (Keflex)	500mg
Levofloxacin (Levaquin)	500mg
Nitrofurantoin (Macrobid)	100mg
Zithromax (Azithromycin)	250mg

## Antidepressant Medications

Bupropion HCL (Wellbutrin)	100mg
Citalopram Hydrobromide (Celexa)	20mg, 40mg
Desvenlafaxine Succinate ER (Pristiq)	25mg, 50mg
Venlafaxine (Effexor XR)	75mg, 150mg
Escitalopram (Lexapro)	10mg, 20mg
Paroxetine (Paxil)	20mg
Fluoxetine (Prozac)	10mg, 20mg
Trazodone HCL (Desyrel)	50mg, 100mg
Sertraline (Zoloft)	50mg, 100mg

## Blood Pressure Medications

Valsartan (Diovan)	80mg, 160mg
Valsartan+HCTZ (Diovan HCT)	80/12.5, 160/12.5mg
Hydrochlorothiazide (HydroDIURIL)	25mg, 50mg
Inderal LA (Propranolol)	80mg
Potassium Chloride (K-Kur)	20meq
Furosemide (Lasix)	20mg, 40mg, 80mg
Metoprolol Tartrate (Lopressor)	25mg, 50mg
Losartan Potassium (Cozaar)	25mg, 50mg, 100mg
Triamterene/HCTZ (Maxzide)	75/50mg
Triamterene/HCTZ (Maxzide-25)	37.5/25mg
Amlodipine (Norvasc)	5mg, 10mg
Lisinopril (Prinivil)	10mg, 20mg, 40mg
Lisinopril-Hydrochlorothiazide (Prinizide)	20/12.5mg
Spirolactone (Aldactone)	25mg
Tenormin (Atenolol)	25mg
Olmecartan (Benicar)	20mg, 40mg
Metoprolol Succinate (Toprol XL)	25mg, 50mg, 100mg

## Diabetes Medications

Amaryl (Glimepiride)	4mg
Pioglitazone (Actos)	15mg, 30mg
Glipizide (Glucatorl XL)	10mg
Metformin (Glucophage)	500mg, 1000mg
Metformin ER (Glucophage XR)	500mg, 750mg

## Acid Reduction Medications

Omeprazole (Prilosec)	20mg, 40mg
Famotidine (Pepcid AC)	20mg, 40mg
Pantoprazole (Protonix)	40mg

## Cholesterol Reduction Medications

Atorvastatin (Lipitor)	10mg, 20mg, 40mg
Fenofibrate (Lofibra)	160mg
Rosuvastatin Calcium (Crestor)	5mg, 10mg, 20mg, 40mg
Pravastatin (Pravachol)	20mg, 40mg, 80mg
Ezetimibe (Zetia)	10mg
Simvastatin (Zocor)	10mg, 20mg, 40mg

## Eye & Ear Medications

Hydrocortisone/Neomycin/Polymyxin B Otic Ear Susp (Cortisporin)	
Polymyxin B Sulfate (Polytrim)	

## Thyroid Medications

Levothyroxine (Synthroid)	All Strengths
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## Miscellaneous Medications

Ibuprofen (Advil)	600mg
Fluconazole (Diflucan)	150mg
Prasugrel (Effient)	10mg
Cyclobenzaprine (Flexeril)	10mg
Sumatriptan (Imitrex)	25mg, 50mg
Methylprednisolone (Medrol Dose Pack)	4mg
Meloxicam (Mobic)	7.5, 15mg
Naproxen Sodium (Naprosyn)	500mg
Neurontin (Gabapentin)	100mg, 300mg
Prednisone	20mg
Phenazopyridine (Pyridium)	200mg
Trimcinolone Cream 0.5%	30g
Valacyclovir HCL (Valtrex)	500mg
Bupropion Sustained Release (Wellbutrin SR)	150mg
Hydrocortisone Valerate (Westcort)	15g, 45g
Ondansetron (Zofran)	4mg

## Family Planning Medications

Classic Prenatal (Folic Acid) 28-.08	
Ocella, Tri-sprintec (Birth Control Pills)	Various

## Allergy & Asthma Medications

Loratidine (Claritin)	10mg
Fluticasone (Flonase)	50mcg
Albuterol (Proventil HFA/Ventolin HFA)	90mcg
Albuterol Solution (for nebulizer)	2.5mg/3ml
Singulair (Montelukast)	5mg, 10mg

Available Vaccines: Hep A (adult & peds), Hep B (adults & peds), Tdap (adult), Dtap (peds), MMR (usually peds), Tuberculin Skin Test (usually adult), Flu Vaccine- seasonal (adult & peds)

Highlighted medications are in-stock at your Wellness Center, all other medications are available through mail-order with Northwind Pharmacy



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## *Group Lifestyle Approach to Diabetes: A New Approach to Diabetes and Wellness*

The GLAD program is designed specifically for individuals with Type I or Type II diabetes. **Group Lifestyle Approach to Diabetes** is committed to supporting the development of lifelong habits of wellness while balancing diabetes.

**GLAD** is designed to help you meet your health goals and save on out-of-pocket medical expenses. With your smart phone, please scan the QR code to open the list of diabetic supplies and medications available to you at no cost.



### **Getting Started**

Your first step is to schedule an appointment to meet with your Wellness Center provider to review your diabetic history. 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 appointment**

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



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Call (317) 838-WELL (9355) for more information or to enroll in GLAD



# Patient Commitment to GLAD

**Patient Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **MRN:** \_\_\_\_\_

**Employer Partner:** \_\_\_\_\_ **HRH Team Member:** \_\_\_\_\_ **(Initials)**

By committing to the following, you will receive your diabetic medications, supplies and support at no cost, in accordance with your employer's formulary benefits and the GLAD program guidelines.

- I am committing to an appointment with a Wellness Center provider every 3 months to discuss my diabetes. This visit may be virtual or in-person. I understand that these quarterly visits are required for this program regardless of having an outside provider manage my diabetes.
- If my A1c does not improve as expected despite the treatment plan, I may be required to increase the frequency of my visits with a Wellness provider and/or required to schedule and keep scheduled appointments with a wellness coach to help improve my health.
- If my diabetes is being managed by a provider outside of the Wellness Center, I will sign a Release of Information for my records to be shared with the Wellness Center.
- I give permission to the Wellness Center staff to access my Epic chart to monitor compliance with the program, and to contact me with reminders for appointments, refills, or other care needs.
- With the goal of identifying opportunities and tips to help me feel my best, I will share my blood sugar logs/results with the wellness center provider, if requested.
- I will have labs drawn at the Wellness Center to assess my blood sugar, as well as complete a urine test to ensure my kidneys are in good health, if requested by the wellness center provider.
- I am committed to annual eye exams by a qualified provider to help detect diabetic retinopathy to prevent major vision loss. (This service is not provided by the Wellness Center but is arranged by our team. I also understand the eye exam will be billed to my health insurance; co-pays and/or deductibles may apply.)
- I will create healthy lifestyle goals with my provider which may include, but are not limited to exercise, healthy eating, stress management and tobacco cessation (if applicable).
- If my A1c is in the normal range for two consecutive readings, I understand that the GLAD program requires an attempt to decrease or stop medication. If I choose to maintain on medications at this point, they will no longer be covered through the GLAD program. Medications and supplies that are no longer covered by GLAD will be sent to a local pharmacy, and it will be my responsibility for the cost.
- I understand that I am eligible to work with a wellness coach to achieve healthy lifestyle goals, at no additional cost.
- I will pick up my GLAD medications and supplies within 7 business days of being contacted by the Wellness Center team. If I don't, I will be considered non-compliant and will be excused from the GLAD program.

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**GLAD  
MEDICATION & SUPPLY FORMULARY**

Acarbose	tab	25mg, 50mg, 100mg
Admelog	Inj	100u/mL
Baqsimi glucagon	nasal powder	3mg
Byetta	pen	5mcg/0.02ml, 10mcg/0.04ml
Glimepiride	tab	1mg, 2mg, 4mg
Glipizide	tab	5mg, 10mg
Glipizide-Metformin hcl	tab	2.5mg/150mg, 2.5/250mg, 5/500mg
Glucagon hypo	kit	1mg
Glucagon emergency	kit	1mg
Glyburide	tab	1.25mg, 2.5mg, 5mg
Glyburide-Metformin	tab	1.25mg/250mg, 2.5mg/500mg, 5/500mg
Humalog	inj	1,000u
Humalog Junior Kwikpen	pen	100u/mL (max dose 30u)
Humalog Kwikpen	pen	100u/mL (max dose 60u)
Humalog mix 50/50	inj	100u
Humalog mix 50/50 Kwikpen	pen	100u/mL
Humalog mix 75/25	inj	100u
Humalog mix 75/25 Kwikpen	pen	100u/mL
Humalog SQ	cartridge	100u/mL
Humulin 70/30	inj	100u
Humulin 70/30 Kwikpen	pen	100u/mL
Humulin-N	inj	1,000u
Humulin-N Kwikpen	pen	100u/mL
Humulin-R	inj	1,000u
Humulin-R concentrated	inj	10,000u
Insulin Lispro	inj	1,000u
Insulin Lispro	pen	100u/mL
Janumet	tab	50mg/500mg, 50mg/1,000mg
Janumet XR	tab	50mg/50mg, 50mg/500mg, 100mg/1,000mg
Januvia	tab	25mg, 50mg, 100mg
Jardiance	tab	10mg, 25mg
Lantus	inj	1,000u
Lantus Solostar	pen	100u/mL

**GLAD**  
**MEDICATION & SUPPLY FORMULARY**

Metformin ER hcl	tab	500mg, 750mg, 1,000mg	
Metformin hcl	tab	500mg, 850mg, 1,000mg	
Miglitol	tab	100mg	
Nateglinide	tab	60mg, 120mg	
Novolog	inj	1,000u	
Novolog Flexpen	pen	100u/mL	
Novolog 70/30 Flexpen	pen	100u/mL	
Ozempic	pen	2mg/1.5mL (0.25mg, 0.5mg, 1mg), 4mg/3mL (1mg), 8mg/3mL (2mg)	
Pioglitazone hcl	tab	15mg, 30mg, 45mg	
Pioglitazone hcl-Glimepiride	tab	30mg/2mg, 30mg/4mg	
Pioglitazone hcl-Metformin hcl	tab	15mg/500mg, 15mg/850mg	
Repaglinide	tab	0.5mg, 1mg, 2mg	
Riomet ER	suspension	500mg/5mL	
Rybelsus	tab	3mg, 7mg, 14mg	
Soliqua	pen	100u/mL and 33mcg/mL	
Sumlinpen	pen	60mcg, 120mcg	
Synjardy	tab	5mg/500mg, 5mg/1,000mg, 12.5mg/500mg, 12.5mg/1,000mg	
Synjardy XR	tab	5mg/1,000mg, 10mg/1,000mg, 12.5mg/1,000mg, 25mg/1,000mg	
Toujeo max Solostar	pen	300u/mL	
Toujeo Solostar	pen	300u/mL	
Tradjenta	Tab	5mg	
Trulicity	pen	0.75mg/0.5mL, 1.5mg/0.5mL, 4.5mg/0.5mL	
Victoza	pen	0.6mg, 1.2mg, 1.8mg	
Xigduo XR	tab	5mg/1,000mg	
Alcohol swabs		Fast clix	device, lancets
Accu-check	meter, kit, strips	Freestyle Libre 2 Reader	reader, sensor
Aviva plus	needle	Guide	meter, kit, strips
BD Insulin syringe	needle	Omnipod Dash	system, pods
BD Nano Ultra-Fine Pen	device	Sharps container	
Contour Next	transmitter, sensor	Smartview	strips
Dexcom G6 Sensor	transmitter, sensor	Softclix	device, lancets



# Lifestyle Medicine Programming Team



**Christine Arvin, RDN, CSOWM, CHWC**  
*Nutrition, Weight Management, Coaching*

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**Christine.Arvin@hendricks.org**  
**317-718-8175**



**Jeff Felle, MS, CAFS**  
*Movement, Human Performance, Coaching*

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**Jeff.Felle@hendricks.org**  
**317-718-8160**



**Dr. Cindy Myers, PT, DHsc**  
*Emotional Fitness, Sleep Hygiene, Chronic Pain*

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**Cynthia.Myers@hendricks.org**  
**317-838-3434**





# Lifestyle Medicine Movement Health Program

No matter what your current movement health status, the **Lifestyle Medicine Movement Health Program** can help improve your health and vitality.

Collaborate with a movement specialist to develop a customized program that aligns with your unique body needs and preferences.

## A Customized Movement Health Program Can Help Improve:

- ***Mobility, balance, coordination, strength, endurance, physical activity levels, etc.***
- ***Performance in the activities you love (Golf, pickleball, tennis, running, swimming, cycling, etc.), while staying healthy in the process.***
- ***Weight management, energy levels, mental performance, joint health, resiliency and overall health.***
- ***How well you move, feel and perform at work and life!***

Contact the Lifestyle Medicine Team by emailing [wellness@hendricks.org](mailto:wellness@hendricks.org) or calling **317-718-8160** to learn more about this program or schedule a virtual or in-person movement health consultation.

Text **move well** to **833-311-3459** to join our new movement channel, to receive tips on moving more, moving well, fitness, activity specific programs, etc.

## Meet Your Movement Specialist



### Jeff Fellure, MS, CSCS, CAFS

I am a movement specialist and health coach that is passionate about helping individuals thrive in the game of life, by helping them move better, feel better and perform better, so they can achieve their health and wellness goals.

In my free time, I enjoy being active, hiking, traveling and spending time with my family and silver lab Stella.

*Specialty: Movement Health, Human Performance and Health Coaching*



# Lifestyle Medicine Health Coaching Programs

## Do You Need Help Making A Healthy Lifestyle Change?

Our dedicated team can help you improve your health by addressing areas like:

- **Sleep Hygiene**
- **Weight Loss**
- **Physical Activity**
- **Stress Management**
- **Healthy Eating**
- **Chronic Disease Management**

HRH offers a series of in-person or virtual educational seminars focused on the Six Pillars of Lifestyle Medicine – healthy eating, physical activity, stress management, sleep, healthy relationships and minimizing risky substance use.






Check out the schedule by visiting **[HENDRICKS.ORG/EVENTS](https://www.hendricks.org/events)**.

## Coaching Options:

- **Individualized Coaching**
  - Support and accountability to help individuals make healthy behavior changes.
  - In-person, virtual and telephonic sessions available.
- **Group Coaching Programs**
  - Monthly schedule, weekly live group coaching session and 28-day program to follow.
  - In-person and virtual sessions available.
- **Whole Health Group Coaching Program**
  - 14-week group program to help with healthy behavior changes by focusing on: Sleep, movement, nutrition and mindfulness.
  - In-person and virtual sessions available.

The Lifestyle Medicine Team offers a **FREE** text messaging service to keep updated on upcoming classes and opt-in to specific groups for healthy tips and tricks.

**Just send the following “Text Word” to 833-311-3459 to join the group!**

Text Word	Description	QR Code	Text Word	Description	QR Code
#BeWell	Reminders about upcoming classes		Healthy Habits	Fun activities and challenges	
Move Well	Tips for moving better, moving more frequently, exercise, and more		Fuel for Life	Healthy nutrition, receive recipes, myth busting and more	
Healthy Me	Building a healthy lifestyle, self-care tips and more		Fight Burnout	Build resiliency and emotional energy	