

GETTING STARTED

Be Well



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



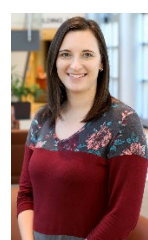
Lauren Surfus, PA



Heidi Pifer, NP



Stephanie Marlow, NP



Laura Murray, NP



Riley Day, NP



Michelle Barrett, NP