

IN-PERSON AND VIDEO VISITS ONSITE **HEALTH** **CARE** SERVICES

FREE, confidential appointments scheduled for:



Onsite Early Care

- Fasting labs prior to your physical
- Outside lab orders, lab draw completed onsite
- Blood pressure checks
- Labs and immunizations
- Scheduling assistance
- Worksite Testing-blood sugar, urinalysis, pregnancy test, strep test



Bekah Balliett,
CMA

Onsite Early Care

High School
Mon, 6:30-9:30 am
Tues, 8:30 am-4 pm
Wed, 6:30 am-3 pm
Thurs, 8:30 am-4 pm
Village Hall
Thurs, 6:15-8:15 am

Onsite Primary Care

- Respiratory symptoms (i.e. fever, sore throat, cough)
- Physicals for both sports and well-exams
- Chronic disease management
- Acute symptoms (i.e. ear infections, headache, migraine, urinary tract and yeast infection, burns; X-rays not included)
- Minor treatments (i.e. wart treatment, staple removal)
- Immunizations and laboratory services
- Electronic medication prescriptions and refills



Marissa Zehren,
APN

Primary Care Services

Village Hall
Mon & Fri, 6:30-10:30 am
High School
Tues, 8:30 am-10:30 am & 1:30-4 pm
Wed, 8:30-10:30 am, 1:15-3:15 pm
Thurs, 8:30 am-4 pm
Cormier or District Office (Rotating)
Fri, 11:15 am-1 pm (*Cormier*)
Fri, 11 am-1 pm (*District Office*)
Parkview
Mon, 11 am-1 pm
Pioneer
Tues, 11 am-1 pm
Valley View
Wed, 11 am-1 pm

Nurse Coach

- Basic care for acute concerns (ie., earaches, sore throat, infections, rashes, ear lavage, and injuries)
- Health coaching from lifestyle-related issues (ie. nutrition, exercise, weight, stress, sleep, tobacco cessation, and health coaching to help implement lifestyle changes)
- Assistance with chronic conditions (ie. blood pressure checks and glucose checks)
- Education on age appropriate screenings and tests
- Care coordination and health system navigation
- Wellness programming and classes
- Lab draws
- Immunizations



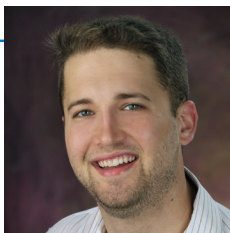
Katie Micksch,
BSN, RN

Nurse Coach Services

Village Hall
Wed, 7-10:30 am and 2-3 pm
Parkview
1st Wed. of the month
Pioneer
2nd Wed. of the month
Valley View
3rd Wed. of the month
Cormier
4th Wed. of the month
District Office
5th Wed. of the month
(*April and October*)

Onsite Therapy - NO Referral Necessary

- Acute injury consultation
- Addresses muscle or joint discomfort from work- or nonwork- related injuries or illnesses
- Personal exercise and stretching advice
- Ergonomic evaluations and equipment recommendations
- Post-surgical therapy
- Treatment techniques (options are specific to individual patient needs and include):
 - Joint mobilizations
 - Muscle energy techniques
 - Stretching
 - Soft tissue/cross friction/ trigger-point massage technique
 - Fitting for semi-custom
 - Ultrasound
 - Custom splint fabrication
 - Kinesiotaping – a *therapeutic taping*
 - Active Release



Phillip Birdsall
PT, DPT

Therapy Services

Village Hall
Tues, 6-8 am (Phillip)
Thurs, 3-5 pm (Chad)
High School
Mon, 12:30-4:30 pm (Chad)
Wed, 6-9:30 am (Phillip)



Chad Meyer
OTR/L, CEAS II

bellinhealth

¹Only available at specific clinics.



bellin.org/ashwaubenonschool

Schedule an appointment online or by calling 24/7 Employer Clinic Hotline at **800.528.7883**. Walk-ins welcome upon availability.