



IN-PERSON AND VIDEO VISITS ONSITE NURSE COACH SERVICES

Available to all employees and dependents on the health plan.

FREE, confidential appointments for:

- Management of chronic conditions – high blood pressure, diabetes, tobacco addiction, and more.
- Manage disease in between visits with the provider (ex. message provider with diagnostic measures, like blood pressure impacted by medication).
- **Wellness Coaching Topics:**
 - Stress
 - Weight management
 - Fitness/exercise
 - Sleep
 - Tobacco cessation
 - Emotional health
 - Mental health
 - Career/occupational health
 - Spiritual health
 - Social health
 - Lifestyle Management
- Basic care for acute concerns (i.e.. earaches, sore throat, infections, rashes, ear lavage, and injuries)



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Location:
Ashwaubenon HS
Thursday, 12-4

24/7 SCHEDULING:

