

BE WELL
at Work

WELCOMES





SUMMARY OF SERVICES



PRIMARY CARE SERVICES

ADULT & PEDIATRIC PRIMARY CARE VISITS:

Office visit with a non-pediatric Be Well provider (ages two and older) and/or Hannibal Clinic pediatric department provider (newborn and older). Well-Woman (exam & pap only) exams & school/sports physicals are included.

MINOR ILLNESS, INJURY, SPORTS & ACUTE CONDITION VISITS:

Walk-in clinic services available in five (5) locations.

CHRONIC CONDITION VISITS AND MANAGEMENT:

Patient-centered medical team focusing on improving the overall health of the Be Well population it serves. Strong focus on identifying, engaging and monitoring patients with hypertension, diabetes, hyperlipidemia and CHF/CAD.

CARE COORDINATION:

Care coordinator assigned to assist patients in the management of their chronic medical condition(s) where appropriate.

LABORATORY TESTS:

Laboratory test routinely ordered by a Primary Care provider. For example: Automated blood count, comprehensive metabolic panel, lipid panel, TSH (thyroid), urine dipstick, strep screen, urine pregnancy, mono, urinalysis, hemoglobin A1c and PSA.

IMMUNIZATIONS & ROUTINE OFFICE INJECTIONS:

Age appropriate immunizations as recommended by the CDC. Routine office injections, i.e., B-12, antibiotic, steroid, etc. (exclusion – Synvisc type inj.).

GENERAL X-RAY

All general x-rays (technical & reading) taken at a Be Well facility with availability.

Services outside the Be Well at Work package will be filed to insurance.

ILLINOIS LOCATIONS

BLESSING EMPLOYER CLINIC - QUINCY

24th & Broadway | 217.214.6300
 Hours: 6:30 am - 6 pm, Monday & Thursday
 7 am - 6pm, Tuesday, Wednesday & Friday
 8 am-12 pm, Saturday

CONVENIENT CARE - QUINCY

HARRISON **HyVee** CLINIC

1400 Harrison | 217.214.9696
 Hours: 8 am - 8 pm, Monday - Friday
 9 am - 5 pm, Saturday - Sunday

BROADWAY **HyVee** CLINIC

3700 Broadway | 217.214.9693
 Hours: 8 am - 8 pm, Monday - Friday
 9 am - 5 pm, Saturday - Sunday

ILLINI XPRESS WALK-IN CLINIC - PITTSFIELD

101 E. Washington | 217.285.5080
 Hours: 7 am - 7 pm, Monday - Saturday

ILLINI RURAL HEALTH CLINIC - PITTSFIELD

640 W. Washington | 217.285.9447
 Hours: 8 am - 5 pm, Monday - Friday
 8 am - 11:30 am, 2nd & 3rd Saturday

MISSOURI LOCATIONS

HANNIBAL EMPLOYER CLINIC

100 Medical Dr. | 573.221.5250
 Hours: 8 am - 5 pm, Monday - Friday

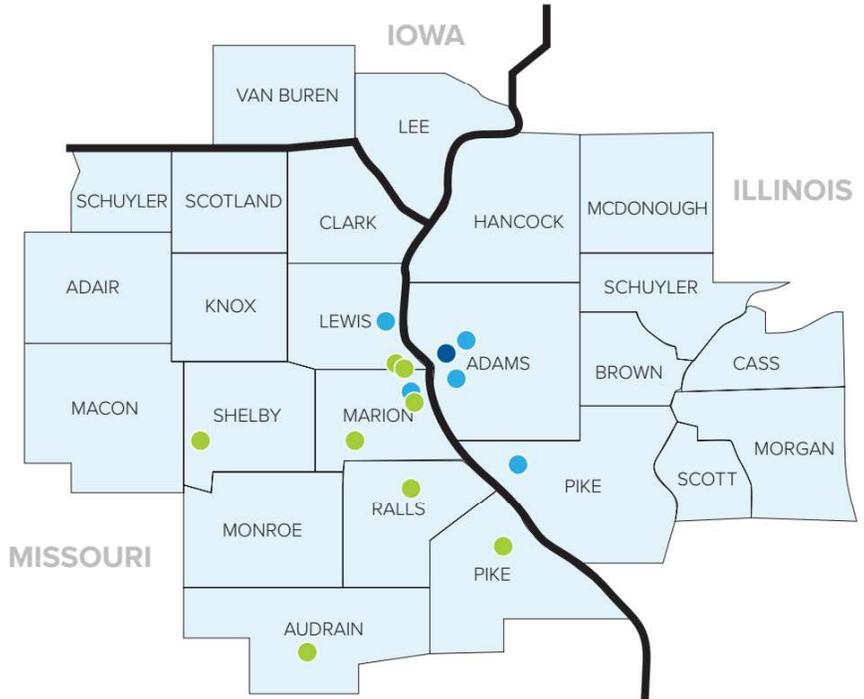
HANNIBAL CLINIC AMBULATORY CARE CENTER- HANNIBAL

100 Medical Dr. | 573.231.3900
 Hours: 7 am - 8 pm, Monday - Friday
 9 am - 6 pm, Saturday
 12 pm - 6 pm, Sunday

CONVENIENT CARE - CANTON

CANTON **CountyMarket** CLINIC

1805 Elm | 573.288.0616
 Hours: 8 am - 8 pm, Monday - Friday
 9 am - 3 pm, Saturday - Sunday



- Blessing Employer Clinic
- Intermediate Care Locations: Blessing Convenient Care, Hannibal Clinic Ambulatory Care Center, Illini Xpress
- Hannibal Employer Clinic & Primary Care Locations

MISSOURI - RURAL CLINICS

HANNIBAL CLINIC - BOWLING GREEN, 573.324.2063

HANNIBAL CLINIC - CENTER, 573.267.3318

HANNIBAL CLINIC - CLARENCE, 660.699.2178

HANNIBAL CLINIC - MEXICO, 573.581.2348

HANNIBAL CLINIC - MONROE CITY, 573.735.4541

HANNIBAL CLINIC - PALMYRA, 573.769.2231

BLESSING PHYSICIAN SERVICES - PALMYRA, 573.769.3710

Hours at All Locations: 8 am - 5 pm, Monday - Friday

WELLNESS CENTERS

Blessing Wellness Center
 4917 Oak Street, Quincy
 217.214.5858
 Hours: 24 Hours, Mon - Sun

Illini Fitness
 128 W. Washington, Pittsfield
 217.285.5635
 Hours: 24 Hours, Mon - Sun

FOR MORE INFORMATION CALL,
 217.214.6300 (IL) OR 573.231.3850 (MO).

blessinghealth.org/bewellclinics



Feeling better
can be **faster**
and **more convenient**
for your employees.



Welcome to Virtual Medicine

Virtual medicine allows healthcare providers to seamlessly and conveniently connect with patients using secure videoconferencing, telephone, and live chat. 24/7, from anywhere, on any device.

Blessing Care on Demand is now partnering with American Well for your virtual services.

Download the new app today!
Amwell: Doctor Visits 24/7



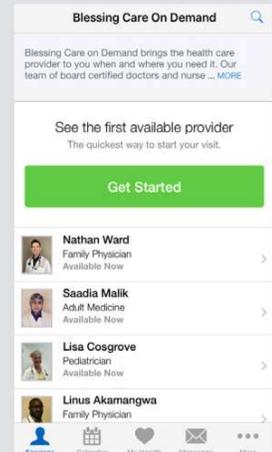
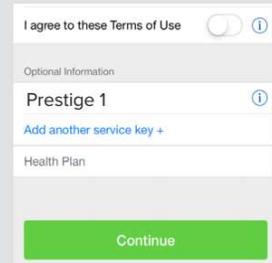
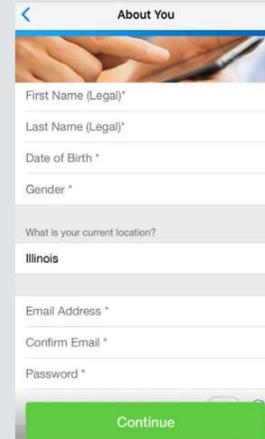
Visit [BlessingCareOnDemand.com](https://www.BlessingCareOnDemand.com)

For a phone visit call
1-844-9DOCNOW

B *BLESSING*
Care on Demand

All Users Must Complete the Following Steps:

1. Download the new Amwell: Doctor Visits 24/7 app.
2. Complete the sign up process in the app. You will need to enter your service key to waive the fee for your visit.



Once you login with your service key, the \$49 fee will be waived at the end of your visit.

Access Code: Hannibal1

How Blessing Care on Demand works in 4 easy steps:

1. Employee requests a visit with a clinician via smart phone, computer, or tablet.
2. Within minutes they're connected to an experienced, board-certified provider or nurse practitioner.
3. Provider will treat the employee, may make a diagnosis and recommend a course of treatment. If appropriate, the treatment may include a prescription or for more complicated health issues, the employee would be referred back to the health-system for in-person care.
4. After the visit, employees will receive an easy-to-read email visit summary.

BE WELL *at Work*

MEET YOUR TEAM

BE WELL *at Work*

HANNIBAL EMPLOYER CLINIC TEAM



Jeff Evans, MD
Family Medicine



Lent Johnson, MD
Family Medicine



Leslie McCoy, DO
Family Medicine



John Memken, MD
Family Medicine



Larry Nichols, DO
Family Medicine



Roderick Bartlett, MD
Internal Medicine



Stephen Halpin, MD
Internal Medicine



Priscilla Long, MD
Internal Medicine



Erik Meidl, MD
Internal Medicine



Philip Tweedy, MD
Internal Medicine



Barbara Tuley, MD
Internal Medicine



Justin Bubolz, MD
Pediatrics



Dana Frazine, MD
Pediatrics



Zach Johnson, DO
Pediatrics



Brandi Thompson, CPNP
Pediatrics

MEET YOUR TEAM

BE WELL *at Work*

MISSOURI EMPLOYER CLINIC RURAL TEAM



Leanna Leake, FNP
Family Medicine
Hannibal Clinic-Bowling Green



Mark Tucker, DO
Family Medicine
Hannibal Clinic-Center



Patsy Hudson, FNP-BC
Family Medicine
Hannibal Clinic-Clarence



Scott Simmons, MD
Family Medicine
Hannibal Clinic-Mexico



Robin Allen, NP
Family Medicine
Hannibal Clinic-Mexico



Rodney Yager, DO
Family Medicine
Hannibal Clinic-Monroe City



Amber Gottman, NP-C
Family Medicine
Hannibal Clinic-Palmyra



David Knorr, DO
Family Medicine
Hannibal Clinic-Palmyra



Gina Ponitus, MD
Family Medicine
Hannibal Clinic-Palmyra



Samang Kim, MD
Family Medicine
BPS-Palmyra



Tracy Kline, NP
Family Medicine
BPS-Palmyra

MEET YOUR TEAM

BE WELL *at Work*

ILLINOIS TEAM



Matthew Cormier, DO
Family Medicine
Quincy Employer Clinic



Diane Nutter, NP
Family Medicine
Quincy Employer Clinic



Sonia Behrens, NP
Family Medicine
Quincy Employer Clinic



Nicole Murphy, NP
Family Medicine
Quincy Employer Clinic



Chris Wagoner, MD
Family Medicine
Illini Rural Health Clinic



James Uhles, MD
Family Medicine
Illini Rural Health Clinic



Jill Miller, NP
Family Medicine
Illini Rural Health Clinic



Sherri White, NP
Family Medicine
Illini Rural Health Clinic



Johanna Bunch, NP
Family Medicine
Illini Rural Health Clinic



Ashley Walker, NP
Family Medicine
Illini Rural Health Clinic



Natalie Zimmerman
Health & Wellness Coach
Quincy Employer Clinic



Hannah Cramsey
Health & Wellness Coach
Quincy Employer Clinic

WELLNESS PROGRAM

- ✓ Preventative screenings reduce catastrophic events, resulting in better managed healthcare expenses
- ✓ Healthier employees results in higher productivity
- ✓ Employer/Employee benefits

Annual Biometric Testing, Health Risk Assessment, Customized Health Coaching, Flu Immunizations Employee Health Portal Employee Lunch & Learns, & Wellness Center

ANNUAL BIOMETRIC TESTING

- Information on current and potential risk for chronic health issues
- Results are confidential
- Provides baseline data

Biometric Screening Includes:

- Blood Pressure
- Blood Sugar
- Cholesterol
- Triglycerides
- LDL Cholesterol
- HDL Cholesterol
- Height & Weight

HEALTH RISK ASSESSMENT

A 15 minute questionnaire that identifies your health risk factors and immediately delivers your own personal health report. In addition to getting an in-depth look at your health strengths and health risks, you can learn more about how to take action to stay healthy.

EMPLOYEE HEALTH PORTAL

Access your screening results via this web-based platform that centralizes and streamlines the administration of your wellness program. Available Resources Include:

- Smoking Cessation
- Nutrition Management
- Recipes
- Exercise and Nutrition Trackers

WELLNESS EDUCATION

In addition to the library of ready to use programs and resources included in the employee health portal, we also offer on site wellness education. Presentation topics Include but are not limited to:

- Stress Management & Reduction
- Ergonomics
- Diabetes Management
- Cancer Awareness
- Nutrition
- Exercise
- Cardiovascular Disease Management & Prevention

WELLNESS CENTER – Blessing Wellness Center (Quincy) & Illini Fitness (Pittsfield)

Orientation session is required for every new eligible member.

FITNESS CENTERS



■ COOKING DEMONSTRATION CLASSROOM

■ PERSONAL TRAINING

■ HEALTH EDUCATION PROGRAMS

■ STATE-OF-THE-ART FITNESS EQUIPMENT INCLUDING:

- Keiser M3 Indoor Cycle (spin bikes)
- IndoRow
- Bodhi Suspension System
- Barre Classroom
- Cybex Strength Equipment
- Touchscreen Cardio Equipment
by Cybex, TRUE, Octane & Stairmaster



LOCATIONS:

BLESSING WELLNESS CENTER
5009 Oak St, Quincy, IL 62305

Call (217) 214-5858 to schedule your orientation. Key tag will be issued after you have completed orientation.

Be Well at Work ID Card



This card is specific to Be Well at Work services provided at the locations listed on the back of the card.

Please do not discard your primary medical ID card.

Employer Group: City of Hannibal/HBPW
Subscriber Name: Kenneth J Sampleton
Clinic Member ID#: 12345678901

Questions:
217-214-6300



AVAILABLE SERVICE LOCATIONS

**Convenient Care - Canton
County Market**
(573) 288-0616
1805 Elm Street
Canton, MO 63435

**Be Well at Work Employer
Clinic**
(217) 214-6300
326 N. 24th Street
Quincy, IL 62301

**Hannibal Employer Clinic &
Hannibal Clinic ACC**
(573) 231-3900
100 Medical Drive
Hannibal, MO 63401

**Convenient Care - Quincy
Hy-Vee Broadway**
(217) 214-9693
3700 Broadway Street
Quincy, IL 62301

**Convenient Care - Quincy
Hy-Vee Harrison**
(217) 214-9696
1400 Harrison Street
Quincy, IL 62301

Illini XPress Walk-In Clinic
(217) 285-5080
101 E. Washington Street
Pittsfield, IL 62363

Be Well at Work continues to expand our location and service offering to better serve you, for additional information on locations and services please visit:

<http://www.blessinghealth.org/bewellclinics>

This card is only relevant to the locations above that are included within the Be Well at Work Employer Clinic offering. This card does not prove membership nor guarantee coverage as the locations above will confirm eligibility at the time of visit.