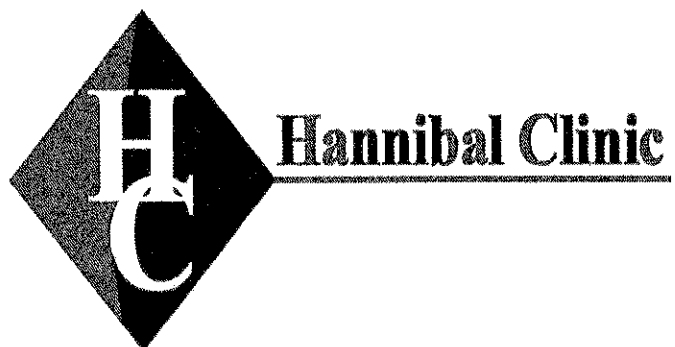


BE WELL *at Work*

SUMMARY OF SERVICES

Program covered services are **FREE**
(No Deductible/Co-Pay/Co-Insurance)



PRIMARY CARE SERVICES (BE WELL PROVIDER ONLY)

PRIMARY CARE VISITS (BE WELL PROVIDER ONLY):

For members two and older. Well-Woman (exam & pap only) exams & school/sports physicals are included. Newborn visits are covered with Pediatrics in Hannibal and Family Medicine Department providers who see this age group.

Specialty visits as a result of a Be Well provider referral **ARE NOT** covered under the program.

MINOR ILLNESS, INJURY, SPORTS & ACUTE CONDITION VISITS:

Walk-in convenient care clinic services available in three (3) locations (see Map).

CARE COORDINATION:

Care coordinator assigned to assist patients in the management of their chronic medical condition(s) where appropriate. Strong focus on identifying, engaging and monitoring patients with hypertension, diabetes, hyperlipidemia and CHF/CAD.

LABORATORY TESTS:

Common primary care laboratory tests ordered by your Be Well provider (specialty & genetic testing are not covered). COVID testing (Rapid & PCR) is covered.

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:

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

Services above are FREE to covered members when ordered by a Be Well provider. Services outside the Be Well at Work benefit will be filed to the member's insurance or considered self-pay.

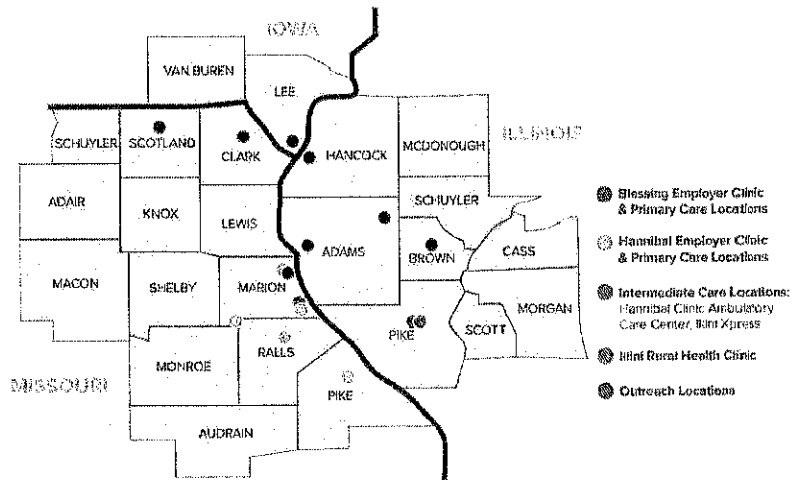
EMPLOYER CLINICS

BLESSING EMPLOYER CLINIC - QUINCY

Seeing patients 2 years and older
24th & Broadway | 217.214.6300
Hours: 6 am - 6 pm, Monday - Friday
8 am - 12 pm, Saturday

HANNIBAL EMPLOYER CLINIC FAMILY MEDICINE/PEDIATRICS/INTERNAL MEDICINE

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



WE'RE JUST AROUND THE CORNER WITH
17 LOCATIONS AND GROWING!

PRIMARY CARE - IL

BLESSING EAST ADAMS CLINIC - GOLDEN

102 Prairie Mills Rd. | 217.696.4446
Hours: 8 am - 5 pm, Monday - Friday

BLESSING HAMILTON WARSAW CLINIC - WARSAW

1102 N County Rd. 700 | 217.256.4100
Hours: 8 am - 5 pm, Monday - Friday

BLESSING MT. STERLING CLINIC - MT. STERLING

521 East Main St. | 217.773.7105
Hours: 8 am - 5 pm, Monday - Friday

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

WELLNESS CENTERS

BLESSING WELLNESS CENTER - QUINCY

4917 Oak St. | 217.214.5858
Hours: 24 Hours, Monday - Sunday

ILLINI FITNESS - PITTSFIELD

128 W. Washington | 217.285.5635
Hours: 24 Hours, Monday - Sunday

PRIMARY CARE - MO

BLESSING KAHOKA CLINIC - KAHOKA

103 E. Commercial St. | 660.727.3377
Hours: 8 am - 5 pm, Monday - Friday
8 am - 12 pm, Saturday

BLESSING PALMYRA CLINIC - PALMYRA

6996 County Rd. 326 | 573.769.3710
Hours: 8 am - 5 pm, Monday - Friday

EDINA MEDICAL SERVICES - EDINA

55682 MO-6, Ste. A | 660.460.8140
Hours: 8 am - 5 pm, Monday - Friday

HANNIBAL CLINIC - BOWLING GREEN

710 Business 61 South | 573.324.2063
Hours: 8 am - 5 pm, Monday - Friday

HANNIBAL CLINIC - CENTER

401 East Highway 19 | 573.267.3318
Hours: 8 am - 5 pm, Monday - Friday

HANNIBAL CLINIC - MONROE CITY

400 North Main | 573.735.4541
Hours: 8 am - 5 pm, Monday - Friday

HANNIBAL CLINIC - PALMYRA

1811 South Main | 573.769.2231
Hours: 8 am - 5 pm, Monday - Friday

PRIMARY CARE - IA

BLESSING HEALTH KEOKUK CLINIC - KEOKUK

1414 Main St. | 319.524.0123
Hours: 8 am - 5 pm, Monday - Friday

QUICK/MINOR ILLNESS

BLESSING EXPRESS CLINIC - QUINCY

Seeing patients 18 months and older
420 N. 34th St. | 217.214.9626
Hours: 8 am - 8 pm, Monday - Friday
8 am - 5 pm, Saturday - Sunday

HANNIBAL WALK-IN CLINIC - HANNIBAL

Seeing patients newborn and older
100 Medical Dr. | 573.231.3900
Hours: 7 am - 7 pm, Monday - Friday
9 am - 4 pm, Saturday - Sunday

ILLINI XPRESS WALK-IN CLINIC - PITTSFIELD

Seeing patients 18 months and older
101 E. Washington | 217.285.5080
Hours: 7 am - 7 pm, Monday - Saturday

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

blessinghealth.org/bewellclinics



MEET YOUR TEAM



MISSOURI EMPLOYER CLINIC & RURAL TEAM



Jeffrey Evans, MD
Family Medicine*
Hannibal Employer Clinic



Christopher Lobo, MD
Family Medicine*
Hannibal Employer Clinic



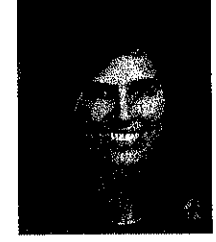
Lawrence Nichols, DO
Family Medicine
Hannibal Employer Clinic



Alex Coffey, MD
Internal Medicine
Hannibal Employer Clinic



Erik Meidl, MD
Internal Medicine
Hannibal Employer Clinic



Christina Remmert, DO
Internal Medicine
Hannibal Employer Clinic



Philip Tweedy, MD
Internal Medicine
Hannibal Employer Clinic



Kim Peters, NP
Internal Medicine
Hannibal Employer Clinic



Dana Frazine, MD
Pediatrics*
Hannibal Employer Clinic



Zach Johnson, DO
Pediatrics*
Hannibal Employer Clinic



Brian McGinn, MD
Pediatrics*
Hannibal Employer Clinic



Brandi Thompson, NP
Pediatrics*
Hannibal Employer Clinic



Dorothy Swingle, MD
Family Medicine*
Hannibal Clinic
Bowling Green



Patsy Hudson, NP
Family Medicine*
Hannibal Clinic
Bowling Green



Sara Brown, NP
Family Medicine
Hannibal Clinic
Center



Tabitha Rohr, NP
Family Medicine
Edina Medical Services



Brigitte Cormier, DO
Family Medicine*
Kahoka Medical Clinic



Brittany Egley, NP
Family Medicine*
Kahoka Medical Clinic



Rodney Yager, DO
Family Medicine
Hannibal Clinic
Monroe City



Allison Rodgers, NP
Family Medicine
Hannibal Clinic
Monroe City



David Knorr, DO
Family Medicine*
Palmyra Clinic



Holly Henderson, NP
Family Medicine*
Palmyra Clinic



Gina Portius, MD
Family Medicine*
Hannibal Clinic
Palmyra



Amber Gottman, NP
Family Medicine*
Hannibal Clinic
Palmyra

*Providers see newborns and older

MEET YOUR TEAM

BE WELL *at Work*

ILLINOIS EMPLOYER CLINIC & RURAL TEAM



Matthew Cormier, DO
Family Medicine
Quincy Employer Clinic



Sonia Behrens, NP
Family Medicine
Quincy Employer Clinic



Amber Curry, NP
Family Medicine
Quincy Employer Clinic



Nicole Murphy, NP
Family Medicine
Quincy Employer Clinic



Chassidy Schroder, NP
Family Medicine
Quincy Employer Clinic



Dakota Lammy, MD
Family Medicine
Ilini Rural Health Clinic



Chris Wagoner, MD
Family Medicine
Ilini Rural Health Clinic



Joanna Bunch, NP
Family Medicine
Ilini Rural Health Clinic



Emily Feenstra, NP
Family Medicine
Ilini Rural Health Clinic



Jill Miller, NP
Family Medicine
Ilini Rural Health Clinic



Sherri White, NP
Family Medicine
Ilini Rural Health Clinic



James Uhles, MD
Pediatrics*
Ilini Rural Health Clinic



Bradley Beswick, NP
Family Medicine
East Adams Clinic



Patricia Steffen, NP
Family Medicine*
East Adams Clinic



Annette Oetken, DO
Family Medicine
Hamilton Warsaw Clinic



Lisa Orton, NP
Family Medicine
Hamilton Warsaw Clinic



Dawn Koch, NP
Family Medicine
Mt. Sterling Clinic

IOWA RURAL CLINIC TEAM



Michael Merrick, NP
Family Medicine
Keokuk Clinic



Jayme Connell
Worksite Wellness
Coordinator



Hannah Cramsey
Worksite Wellness
Coordinator



Henry Haughton
Wellness Coach

WELLNESS TEAM

*Providers see newborns and older

WELLNESS PROGRAM

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

ANNUAL WELLNESS SCREENING

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

Wellness Screening Includes:

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

HEALTH RISK ASSESSMENT (HRA)

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. All the educational content on the portal can be tailored to the HRA results of the employee population. Available resources include:

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

WELLNESS COACHING

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

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

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

Orientation session is required for every new eligible member.

B *BLESSING* Wellness Center

OPEN 24/7/365

4917 Oak Street • Quincy, IL

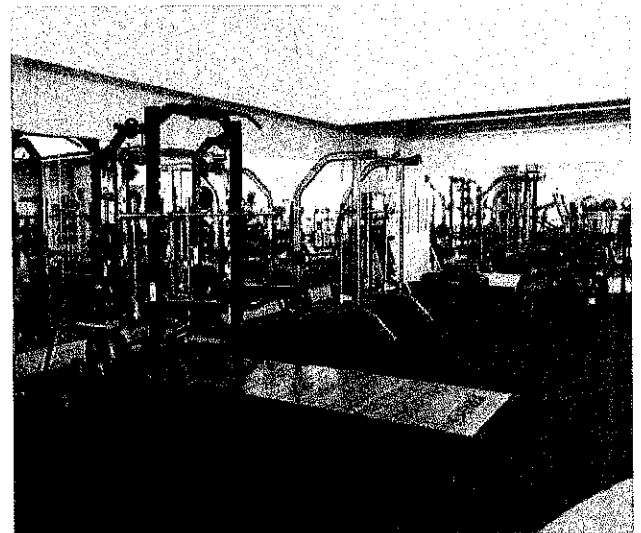
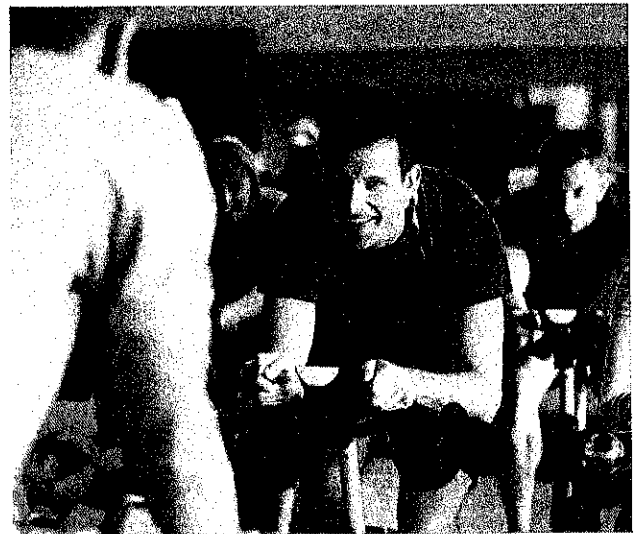
217.214.5858

blessinghealth.org/wellnesscenter

MEMBERSHIP BENEFITS

- Complimentary Orientation Session
- 14,000 sq ft, State-of-the-Art Facility
- Touchscreen Cardio Equipment
- Premium Strength Training Equipment
- Indoor Walking Track
- Work Out of the Day
- Private Workout Space (when class is not in session)
- Locker Rooms
- Mobile App
- Access to our Services
- And Much MORE

CALL TODAY TO REGISTER



SERVICES (extra fees apply)

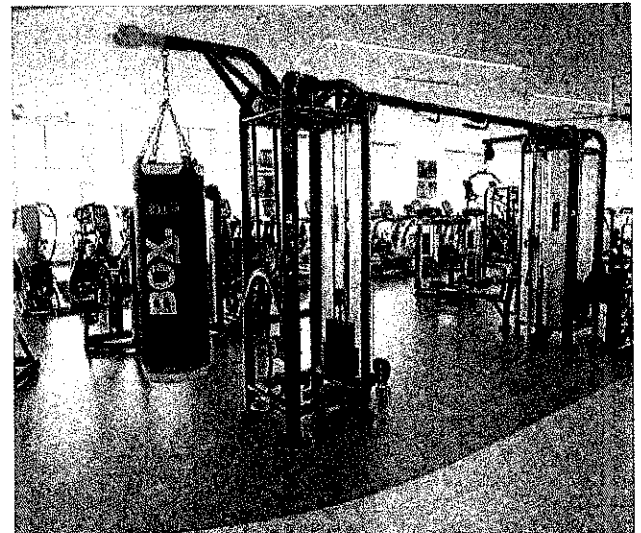
- Group Exercise Classes
- Personal Training
- Nutrition Counseling
- Cooking Classes
- Stress Management Training
- Complete Health Improvement Program (CHIP)

STAFFED HOURS

Monday - Thursday 5:00 am - 7:30 pm

Friday 5:00 am - 5:00 pm

Saturday 8:00 am - 12:00 pm



Be Well at Work ID Card

BEWELL *at Work*

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: Sample Group
Subscriber Name: Kenneth J Sampleton
Clinic Member ID#: 12345678901

Questions:
217-214-6300

BEWELL *at Work*

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 Clinic Ambulatory Care
Clinic
(673) 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

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.