

# WUSD Health and Wellness Clinic

111 Dodge Street Watertown, WI 53094

Clinic Door is at the Rear of the Building on Spring Street

## Tuesdays & Thursdays

7:00 a.m. – 1:30 p.m.

## Wednesdays

12:00 p.m. – 7:00 p.m.

## One Saturday per Quarter

(8:00 am to 2:00 pm on January 18, May 6, August 5, & November 4 in 2017)

Appointments can be scheduled by calling 1-866-959-9355

Online scheduling also available after your first clinic visit!

The clinic is open to all **WUSD** employees/spouses/dependents over age two and retirees/spouses enrolled in the District's health insurance plan.

## SERVICES

### Acute Care – Getting Back to Healthy

Treating minor illnesses, minor injuries, and skin conditions

- Cold/flu
- Conjunctivitis
- Cuts
- Headache/migraine
- Infections
- Muscle and joint pains
- Nausea/vomiting
- Rashes
- Sinus infections
- Sore and strep throat

### Disease Management – Helping You Stay Healthy

Developing treatment plans and follow-up for chronic conditions

- Allergies
- Asthma
- EAP Referrals
- Diabetes
- Emphysema
- High cholesterol
- High blood pressure
- Thyroid conditions
- Weight management

### Preventive Care – Staying Healthy

Administering vaccines, health education, and wellness services

- Screenings
- Wellness coaching
- Physicals
- Follow up on HRA results

## QUALITY OF CARE

### Physician Assistant – Julie Thomas

- Performs physical exams, orders and interprets tests, and provides treatments
- Can prescribe medication

### Medical Assistant – Cheryl Rohde

- Performs administrative and clerical tasks, such as measuring vitals and administering medications and injections



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