

You might be curious what the benefits are to using the Neenah Joint School District Health and Wellness Center. Well, we're glad you are wondering, because here are 10 great reasons to use the NJSD Health and Wellness Center.

1. It saves you money – potentially LOTS of money

When you've had a sore throat in the past you may have visited a local walk-in clinic and then found out later that 15-minute visit is going to cost you out-of-pocket around \$300. With the NJSD Wellness Center, you'll be charged a flat rate of \$25 for each visit. If it's a preventative visit, it won't cost you anything. Additional lab work or tests could be included in your visit while others are within our tiered system with most of them costing less than \$50. There's a whole pricing menu available with the cost of each lab service, so there are no surprises! Plus, you can use your HSA dollars and everything you pay will be applied to your deductible.

2. It could save you money in the future too!

While the cost of a visit is less out-of-pocket for you than a traditional walk-in clinic, it costs the insurance company less as well. This keeps our overall utilization rate lower as a District and will hopefully result in lower rates for all of us in the future.

3. You can use the Wellness Center for most ailments

The NJSD Wellness Center has a nurse practitioner and medical assistant on staff. Among other things, these individuals will perform physical examinations, diagnose and treat acute illnesses and diagnose and manage chronic diseases such as diabetes and high blood pressure. They can also prescribe medication, order and interpret diagnostic tests, provide prenatal care and family planning services, administer injections and perform procedures such as suturing and casting. The nurse practitioner is overseen by the medical director of Prevea's on-site clinics.

4. The Wellness Center can also help save money on a future doctor visit

If you've got an upcoming doctor appointment or physical exam, have your blood work done at the Wellness Center. Just bring your results along to your doctor's visit and you'll save lots of money over what it would cost to have this done as part of your regular appointment.

5. The whole family can use it...as often as you want and even in the summer

The Wellness Center is for the whole family and you can use it as many times as you want, so those cost savings really add up when you start factoring in all the tummy-aches and ankle sprains your family endures throughout the year. It will also be available during the summer. Even employees not covered by District insurance are able to use the Wellness Center by paying in full at the time of the service. It is also open to retirees on the District health insurance.

6. It's so convenient that you'll hardly miss any class time

OK, some might not see this as a benefit, but who wants to sit in a waiting room for an extended period of time? Staff are able to use the Wellness Center during the school day and principals will attempt to find coverage for short periods of time, if

necessary. The Wellness Center is based at Shattuck Middle School, so it's in close proximity to most of our buildings.

7. You can make an appointment or just walk-in

Appointments will be accepted, but you are able to walk-in as well. Prevea's experience in other school districts has shown that walk-ins have not had extended wait times, so do what's most convenient for you.

8. No need to wait for your doctor, but your records may still be shared

That nagging earache just won't go away, but your doctor isn't available until next week? The Wellness Center is an easy solution. Plus, the records of your visit may be shared with your doctor afterwards, but only if you consent to it. Oh, and did we mention that your Wellness Center visit will be far less expensive than a visit to the doctor?

9. Your visit is entirely confidential

Just as your doctor won't find out about your visit unless you choose to talk about it, nobody else will either. Prevea will enforce all patient privacy rules as they must by law. Your visit is strictly between you and the medical staff.

10. You can do your physical therapy there too

The Wellness Center isn't just for sudden sickness or injuries, there will also be a physical therapist on duty. The physical therapist is able to provide initial evaluation services as well as ongoing therapy services for musculoskeletal complaints and worksite injuries. The physical therapist would be able to answer questions about current or ongoing ailments and injuries that are both work and non-work related. A 30-minute visit to the physical therapist will be just a \$35 flat fee. It is a good idea to check with your insurance provider for approval prior to the appointment to make sure it will be applied to your deductible.