QuadMed®

HEALTH & WELLNESS CENTER

Taking Care of Yourself Just Got Easier

Welcome to QuadMed

OUR GOALS FOR YOU
QuadMed provides high quality care for employees at or near their workplace. The QuadMed model is unique in that it focuses on treating the whole patient, not just the individual symptoms. This ensures you and your family receive personalized care, tailored to your needs.

PERSONALIZING YOUR CARE
Helping you achieve your overall wellness goals is our main focus. Our providers will listen to you and learn your medical history and lifestyle to provide tailored treatment options.

Whether you need help with a long-term health goal such as managing your weight or high blood pressure; an immediate health need such as a sore throat; or a child with flu symptoms - we're here to help!

YOUR EXPERIENCE
QuadMed is committed to finding ways to get every patient the right care, at the right time, at the right cost.

Your health, and the health of your family, is QuadMed's top priority. We look forward to serving your health needs at the center.

ADVANTAGES OF THE HEALTH CENTER
The many advantages include:

- Full primary care services, conveniently located at or near your workplace
- Same day or next day appointments for last minute health concerns
- Access to quality, cost-effective healthcare for the entire family

WHO IS ELIGIBLE
Typically, all employees, dependent children and spouses who are participants the Medical Plan are eligible to use the clinic. However, this can vary by client.

EASY, ONLINE ACCESS
Our secure, online patient portal takes personalized care to a whole new level! Sign up for quick and easy access to all the tools you need to manage your health:
- Schedule and manage appointments for yourself, your spouse and your dependent children
- Access your secure QuadMed health records
- Secure message your provider team with questions or concerns

Make your health a priority. The Health & Wellness Center removes the "hassle factor" of health care by offering you convenient, affordable, primary care at or near your workplace.

APPOINTMENT TIMES

Appointments are scheduled either in person, online, via mobile device or over the phone. QuadMed recommends an open access scheduling system which allows for same day appointments to all patients, regardless of the nature of their problems, whether routine or urgent. Same-day appointments are available for acute care visits as well as routine and preventive care for both our adult and pediatric populations. In our experience, approximately 30% of all QuadMed appointments are same day. Open access flexibility allows us to optimize use of physician and staff time and also allows us to better serve our patients. However, we recommend scheduling appointments in advance.

To schedule online:
https://secure.myquadmedical.com

CONFIDENTIALITY

Confidentiality is vital in a healthcare setting, and healthcare providers are held to strict patient confidentiality rules. All patient medical information will be maintained in the strictest confidence and is not accessible to your employer. Your health information is also protected by a federal law called "HIPAA" (Health Insurance Portability and Accountability Act of 1996).

AFTER HOURS ACCESS

If a medical concern arises after hours, we offer an optional 24-hour nurse line at 888.417.1001. We also offer optional 24/7 access to physicians via telemedicine for acute needs. For emergency situations, please follow standard emergency procedures and contact 911 as appropriate.

HEALTH & WELLNESS SERVICES

The Health & Wellness Center is intended to provide many services acorss the entire spectrum. Many are those that you would expect to receive from a family physician. Some examples include:

- Primary and secondary disease prevention
- Comprehensive well-woman exams
- Diagnosis and treatment of most chronic health conditions
- Treatment of acute, non-life threatening illnesses, injuries and infections
- Lab testing: diagnostic and screening
- Routine screenings: glucose monitoring, blood pressure checks, cholesterol levels, etc.
- Simple excisions and injections: moles, skin tags and cysts
- Evaluation and treatment of uncomplicated mental illness
- Minor cut, suture and laceration care
- Dietary and nutritional assessment recommendations
- Routine physicals: adult, college, sports and camp
- Exercise pre-participation evaluation
- Personalized wellness coaching
- Personalized wellness report
- Generic medications

CONTACT INFORMATION

To learn more about how the QuadMed Health & Wellness Center fits into your medical plan, contact your benefits team.

To learn more about QuadMed, visit **www.quadmedical.com**.

QuadMed

HEALTH & WELLNESS CENTER

Primary care for the entire family at **no charge**.

The Health & Wellness Centers in Alexandria, Peru and Yorktown are all full-service medical centers, located near your workplace. The health and wellness centers provide you and your family with access to convenient, high-quality healthcare. They are operated by a separate company, QuadMed. QuadMed is a nationwide leader in employer-sponsored, onsite health care with nearly 25 years of experience in providing superior care for employees at or near their workplace.

Use of the Health & Wellness Centers is voluntary and completely confidential.

- You can make a health and wellness center your primary source of healthcare and make a QuadMed provider your PCP.
- You can continue to see your current PCP and use a health and wellness center whenever it is convenient for you. If you use a health and wellness center, with your written permission, we can provide your doctor with notes from your visit so your care doesn't miss a beat!
- Need to see a specialist? We'll refer you to a provider in the community who can take care of your special healthcare need.

All of the healthcare professionals are hired by and are employees of QuadMed. Patient confidentiality and HIPAA privacy laws are strictly adhered to. Your medical information is held in complete confidence and cannot be shared without your written permission.

Manage your family's healthcare with MyQuadMed – Your secure, online health connection.

Visit **https://secure.myquadmedical.com** to:

- Schedule appointments for yourself or your eligible family members.
- View your health records.

The Health & Wellness Centers, managed by QuadMed, provide you and your family with access to high-quality healthcare, conveniently located near your school or home.

High-quality care

For employees enrolled in the medical plan and their covered spouses and dependents (ages 4 and up)

- Primary Care
- Preventative Care
- Sick/Acute Care
- Routine Lab Services

$0 co-pay

Primary Care/Family Medicine:

- Physicals (e.g. annual, sports, etc.)
- Generic medications
- Personalized health and wellness coaching
- Basic lab work
- Specialty referral

Lab Services Onsite:

- Urinalysis
- Strep screen
- Pregnancy testing
- Mono
- Glucose
- Cholesterol

Sick/Acute Care:

- Flu/colds/coughs
- Strep/sore throat
- Abdominal pain/upset stomach
- Bladder/urinary tract infections
- Bronchitis
- Sinus infections
- Fever
- Headaches
- Ear/eye infections
- Minor burns
- Cuts and contusions
- Rashes
- Muscle strains/sprains

ALEXANDRIA HEALTH & WELLNESS CENTER
112 S Harrison St
Alexandria, IN
Monday: 6:30 a.m. - 2:30 p.m.
Wednesday: 11 a.m. - 7 p.m.

PERU HEALTH & WELLNESS CENTER
19 Park Dr
Peru, IN
Monday: 1 - 7 p.m.
Tuesday: 8 a.m. - 12 p.m., 1 - 7 p.m.
Wednesday: 8 a.m. - 2 p.m.

YORKTOWN HEALTH & WELLNESS CENTER
8800 W Smith St
Yorktown, IN
Tuesday: 6 a.m. - 2 p.m.
Thursday: 11 a.m. - 7 p.m.

For more information or to schedule an appointment, contact QuadMed Patient Support:
Call 888.417.1001 or visit https://secure.myquadmedical.com.

QuadMed®

HEALTH & WELLNESS CENTER

Register for your MyQuadMed account

Start by visiting https://secure.myquadmedical.com.

1. Click *Patient Login* and select *Create Account* *(under New User)*

Welcome to MyQuadMed, your Personal Health Homepage.

MyQuadMed provides secure online access to review and manage your personal health care.

With a MyQuadMed account, you can:

- Schedule and manage your appointments
- Secure message with your QuadMed provider
- Access your secure QuadMed health records

MyQuadMed is available exclusively to patients of QuadMed. Need help logging in or creating an account? Contact the QuadMed Helpdesk by email or call 888-417-1001.

Urgent Medical Matters

MyQuadMed Login

USERNAME

PASSWORD

LOG IN   Forgot Username or Password?

New User ?

CREATE ACCOUNT

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2. Enter your personal information. Click *Next*.

Create Account

STEP 1: Please enter the following information so we can verify your identity.

FIRST NAME	Enter First Name Here
LAST NAME	Enter Last Name Here
DATE OF BIRTH	Month ▼ Day ▼ Year ▼
GENDER	Select... ▼

CANCEL   NEXT

3. Enter your verification information. Click *Next*.

Create Account

STEP 2: Please enter the following information so we can verify your identity.

| LAST 4 DIGITS OF YOUR SSN | Enter Here |

CANCEL   NEXT

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4. Create your credentials. Click *Submit*.

Create Credentials

STEP 3: Please complete this form to create your account credentials. If you do not wish to create a userr

CREATE USERNAME/PASSWORD		
EMAIL	Enter Email Address Here	
USERNAME	Enter Username Here	(Optional)
CREATE PASSWORD		
PASSWORD	Enter Password Here	
CONFIRM PASSWORD	Confirm Password Here	
CREATE YOUR SECURITY QUESTIONS		
SECURITY QUESTION #1	Choose a Question ▼	
ANSWER	Enter Answer 1 Here	
SECURITY QUESTION #2	Choose a Question ▼	
ANSWER	Enter Answer 2 Here	

CANCEL   SUBMIT

5. A verification e-mail will be sent to the e-mail address you provided in Step 3.

Turn over to learn how to schedule an appointment...

Schedule an appointment

You can schedule your appointments by visiting the QuadMed Health and Wellness Center, calling 888.417.1001, on the MyQuadMed app, or online at https://secure.myquadmedical.com

1. Log in and click *Schedule Appointment* from the sidebar or click *Book* in the Schedule an Appointment box.

2. Select a reason for your visit, i.e. Sick, Lab, Rx. Click *Next*.

3. Select an appointment type. Click *Next*.

4. Select a location for your visit (if available). Click *Next*.

5. Select your provider and date/time of appointment. Click *Next*.

6. Confirm your appointment. Click *Schedule Appointment*.

To download the MyQuadMed App, visit the iTunes App store or Google Play. You can also scan the QR codes below.

Android

iPhone

Turn over to learn how to set up your account...