

Kimberly Area School District Health & Wellness Center

Health & Wellness Center FAQs

Q. Why did Kimberly Area School District (KASD) build a workplace center?

- A. KASD is committed to providing employees with opportunities to improve their health and quality of life and helping to reduce health care costs over time. A workplace center aligns with our vision to promote a balanced healthy lifestyle for our district that encompasses the whole person—mental, social and physical. Stay healthy by choice, not by chance!

Services

Q. What services are offered through the center and how much do services cost?

- A. Health & Wellness Center services include lifestyle medicine and wellness consults for chronic disease management such as diabetes, high blood pressure, weight, heart disease and others, as well as acute care for illness and non-work related injuries and immunizations. The services at the center are provided free of charge.

Q. What immunizations are available at the center?

- A. The following immunizations are available at no cost at the center: Hepatitis B, Hepatitis A, TDAP (Tetanus, Diphtheria, and Pertussis), Tetanus, Pneumonia, and Influenza.

Q. Can I get my allergy shots at the center?

- A. Yes, the nurse practitioner can provide the prescribed allergy injections if the ordering provider authorizes the center to administer them. Due to the complexity of allergy injections, we encourage patients to have a well-established relationship with their allergist. In order to administer the allergy injections, patients will need to provide the prescribed serum to the center.

Q. Will I need to pay additional fees for lab work, x-rays, or supplies?

- A. X-rays and lab processing will not be performed at the workplace center, however these services can be ordered by the workplace center provider to be performed at your primary care provider's clinic, or another ThedaCare location. These services would be processed in accordance with your health plan benefits. There will be no charge for basic supplies and rapid resulting lab tests, such as a strep test. If you have questions, please ask the workplace center provider.

Q. I had blood drawn at the center. I thought it was supposed to be "free," but I got a bill for laboratory charges?

- A. There is no charge to have your blood drawn at the center, however, the diagnostic lab fees to test your blood will be processed in accordance with your health plan benefits.

Q. Can the workplace center prescribe medication?

- A. Yes, the center provider can prescribe medications that are appropriate for the condition. Cost of medications will be processed in accordance with your health plan benefits.

Q. I am diabetic. Should I continue care with my physician or should I start going to the KASD Health & Wellness Center?

- A. The KASD Health & Wellness Center acts as a "partner" with the employees' other practitioners and, if authorized by the patient, we will directly collaborate with all practitioners involved in the employees' care. This collaboration directly reduces unnecessary repeat visits to various specialists and duplication of medical costs. The Health & Wellness Center can complement your current care by providing additional resources, such as: nutritional counseling, exercise prescription, disease management and group classes.

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Q. Am I required to use the workplace center or can I continue to see my primary care provider?

- A. It is your choice where you go for health care, but we encourage you to try the new center. The center is a convenient option and it provides greater access (little to no wait times) than other health care providers. The onsite center is an extension of your primary care provider (PCP), not a replacement. Please maintain or establish a relationship with your PCP for preventive care and chronic disease and medication management.

Q. What is disease management?

- A. Most chronic diseases such as type II diabetes, heart disease, sleep apnea, obesity, heartburn, and musculoskeletal pain can be managed with proper self-care and medical care. Complications of these diseases may be avoided and some diseases can even be reversed. The center will provide new and different ways to treat some chronic diseases including: group and individual visits with a health coach, lifestyle management, and other medical interventions through the nurse practitioner. Continue to work with your primary care provider for medication management.

Q. Why is the center focused on wellness and disease management?

- A. According to the Centers for Disease Control, 75 percent of health care spending is due to chronic disease conditions. They also found four modifiable health risks which are responsible for most chronic conditions. These are: tobacco use; poor nutrition; lack of physical activity; and excessive alcohol consumption. Therefore, the best way to improve health and quality of life is to focus on these disease areas and related underlying behaviors.

Q. Will the center offer healthy lifestyle programs for things like weight loss, stress management, etc.?

- A. Yes. Watch for more information on group classes and events.

Q. Can an employee go to the workplace center for an annual physical?

- A. Yes, the center does provide annual physicals. Please note the center is an extension of your primary care provider (PCP), not a replacement. It is important to maintain a relationship with your PCP; that is why we encourage you to see your PCP for your annual physical, which is covered 100 percent under your health plan.

Q. Can you provide a record of my visit to my primary care provider (PCP)?

- A. Yes, ThedaCare uses the Epic electronic medical record (EMR) system. Records are available to ThedaCare providers and any other providers using EPIC, whether they are a ThedaCare provider or not.

Center Staff

Q. What type of health care providers work at the center?

- A. The center has a nurse practitioner (20 hours per week), physical therapist (12 hours per week) and a health coach (20 hours per week).

Q. Are the health care providers employees of KASD?

- A. No. ThedaCare will staff and manage the center. The health care providers are employed by ThedaCare, not KASD.

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Q. Why did KASD choose to partner with ThedaCare?

- A. ThedaCare has seven hospitals and 35 clinics located in 14 counties, serving over 200,000 patients and employing more than 6,800 health care professionals. ThedaCare is a non-profit health care organization with a level II trauma center, comprehensive cancer treatment, stroke and cardiac programs as well as a foundation dedicated to community service. Their team listens, understands, and delivers the right services with passion, compassion and empathy. ThedaCare is the first health care organization in Wisconsin to be a Mayo Clinic Care Network Member, giving their specialists the ability to consult with Mayo Clinic experts on a patient's care.

Eligibility

Q. Can my spouse or dependent(s) use the center?

- A. Yes, spouses and dependents are eligible to receive services at the center.

Q. Do children need parental consent to visit the center?

- A. Most treatment service for children under 18 requires a parent's or guardian's consent. Some exceptions apply.

Q. I have medical insurance through my spouse's employer; can I use it at the center?

- A. At this time, the center is only available to insured members of the Kimberly Area School District's health insurance plan.

Patient Records and Confidentiality

Q. If I am seen at the center, will my medical records be kept confidential?

- A. Your individual medical records will be kept on ThedaCare's medical record system. ThedaCare strictly adheres to health care privacy laws. No one at KASD has access to your ThedaCare individual medical records. However, if you are treated by other providers within the ThedaCare group, those providers will have access to your medical records entered from the workplace center.

Q. If I go to the center for care, do I need to bring a copy of my medical records with me?

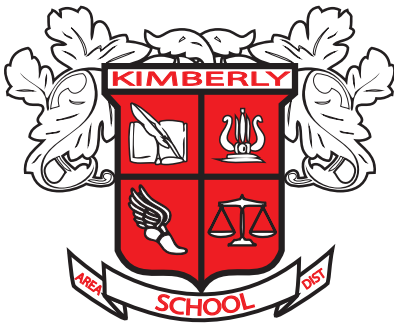
- A. ThedaCare uses the same technology platform (Epic) for all of its patient medical records; therefore you do not need to bring copies of your medical records if your past care was provided by ThedaCare.

Scheduling an Appointment

Q. Does the center accept walk-in appointments?

- A. The center does take walk-in patients on a first-come, first-served basis. However, to make the best use of your time, we recommend scheduling an appointment via the school district's Google calendar or by calling (920) 423-4192.

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Q. How do I schedule an appointment at the center?

- A. Schedule an appointment online at www.kimberly.k12.wi.us then Staff, Health & Wellness Center or call (920) 423-4192.

Q. How long does an office visit take?

- A. The typical office visit takes less than 30 minutes. Preventative or disease management visits may take longer. If this is a problem for your workload or coverage for your job, split an office visit and a follow-up visit into separate appointments on separate days.