

A PARTNERSHIP FOR HEALTH



bellin
health

HEALTH & WELLNESS ONSITE CLINIC

Pain & Injury Assessments

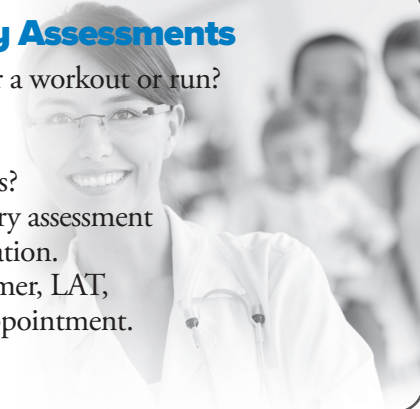
Feeling achy after a workout or run?

- Achy knees?
- Painful hips?
- Sore shoulders?

Get a FREE injury assessment and recommendation.

Call Jeanine Zeamer, LAT, to schedule an appointment.

920.680.1567



Health Risk Assessments (HRAs)

Step One: Complete Online Questionnaire

Step Two: Complete Health Risk Assessment (biometrics)

Step Three: Complete Report Delivery (face-to-face review with health coach)

Step Four: Complete Wellness Certificate

All 4 steps must be completed by September 29, 2017

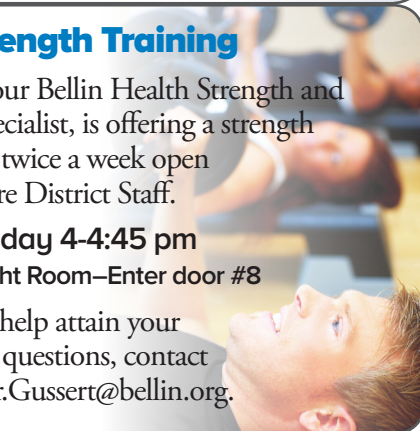


Summer Strength Training

Tanner Gussert, our Bellin Health Strength and Conditioning Specialist, is offering a strength training workout twice a week open to all West De Pere District Staff.

Tuesday/Thursday 4-4:45 pm
High School Weight Room—Enter door #8

Utilize Tanner to help attain your fitness goals. Any questions, contact Tanner at Tanner.Gussert@bellin.org.



24/7 Appointment Scheduling
Employer Clinic Hotline

800.528.7883

in the Green Bay area call 920.433.7883

Call 24/7 Nurse on Call for appointment scheduling and health information.

bellinhealth

bellin.org

ONLINE SCHEDULING:

24/7/365 • FAST • EASY

Go to Bellin.org/wdpschool

No user name or password required

- Schedule displays open appointment times in real time



SUMMER HEALTH & WELLNESS CLINIC

HOURS:

Katie Collins, NP

Monday & Wednesday • Noon–4 pm
Friday • 8–10 am

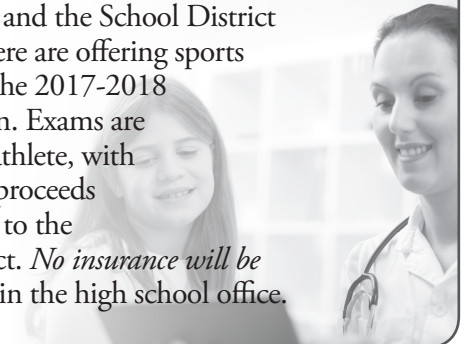
Sandy Treichel, RN, Nurse Coach

Tuesday, District Office • 12:30–1:15 pm
Tuesday, Onsite Clinic • 1:30–2:30 pm

Jeanine Zeamer, LAT, Athletic Trainer
Call for appointment at 920.680.1567

Sports Physicals

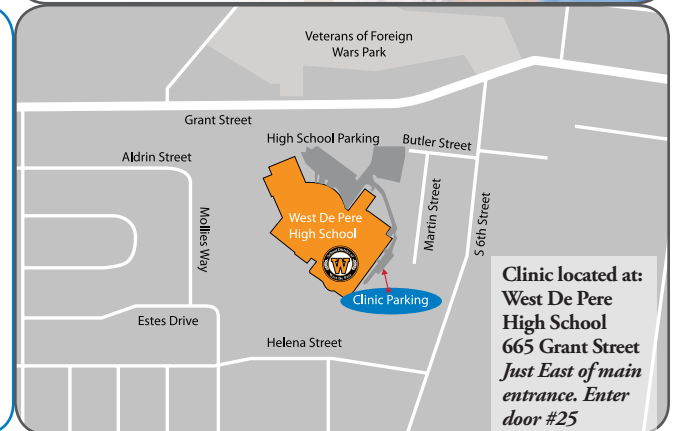
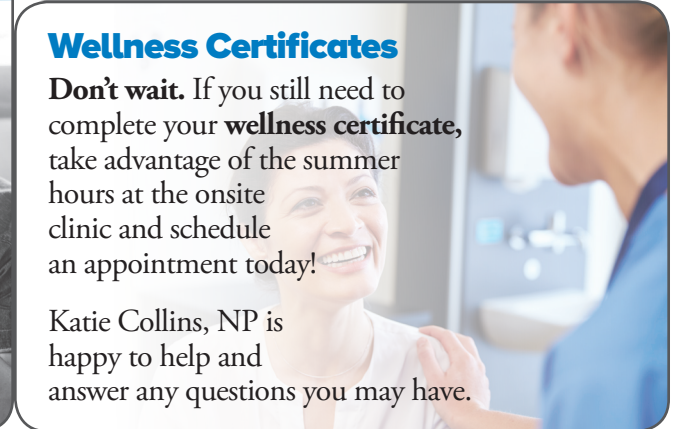
Bellin Health and the School District of West De Pere are offering sports physicals for the 2017-2018 athletic session. Exams are \$20/student athlete, with 100% of the proceeds donated back to the School District. *No insurance will be filed.* Sign up in the high school office.



Wellness Certificates

Don't wait. If you still need to complete your **wellness certificate**, take advantage of the summer hours at the onsite clinic and schedule an appointment today!

Katie Collins, NP is happy to help and answer any questions you may have.



Clinic located at:
West De Pere High School
665 Grant Street
Just East of main entrance. Enter door #25