

# QUADMED HEALTH & WELLNESS CENTERS

## Services & Schedule

North Central Indiana School Insurance Consortium health plan members have access to six Health & Wellness Centers, at **no charge** to you.

### ALEXANDRIA HEALTH & WELLNESS CENTER

112 S Harrison St  
Alexandria, IN

**Monday:** 6:30am - 2:30pm

**Wednesday:** 11am - 7pm

### YORKTOWN HEALTH & WELLNESS CENTER

8800 W Smith St  
Yorktown, IN

**Tuesday:** 6am - 2pm

**Thursday:** 11am - 7pm

### LIBERTY HEALTH & WELLNESS CENTER

400 E State Rd 44  
Liberty, IN

**Monday:** 6:30am - 12:30pm

**Wednesday:** 12:30pm - 6:30pm

### EAST MUNCIE HEALTH & WELLNESS CENTER

2900 E McGalliard Rd  
Muncie, IN

**Monday:** 6:30am - 2:30pm

**Wednesday:** 11am - 7pm

### WINCHESTER HEALTH & WELLNESS CENTER

123 W Franklin St Suite 301  
Winchester, IN

**Tuesday:** 11am - 7pm

**Thursday:** 6:30am - 2:30pm

### PERU HEALTH & WELLNESS CENTER

19 Park Dr  
Peru, IN

**Monday:** 1pm - 7pm

**Tuesday:** 8am - 12pm, 1pm - 7pm

**Wednesday:** 8am - 2pm



#### COMPREHENSIVE PRIMARY CARE - *The Health & Wellness Centers provide many services that you would expect to receive from a family physician.*

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

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