



# Healthcare that gives more

## Serving Indiana Teamsters Health Benefits Funds Families

Your Indiana Teamsters Health Benefits Fund offers Activate by Everside Health as part of your benefits. It's an easier, more convenient healthcare option for everything from **full-scope family medicine**, screenings to urgent care to managing chronic conditions.

### With our Activate by Everside health centers, you can:

- Schedule same-day and next-day appointments. Make us your first choice before going to the emergency department or urgent care.
- Meet with your provider where it's easiest for you: at a health center, or virtually.
- Reach your care team 24/7 for urgent needs.
- Spend as much time as you need with a provider who will get to know you.
- Get care for nearly every health issue. (And if you need a referral, your care team will handle it for you.)
- **Receive full-scope family medicine** including school/sports physicals and sick visits.
- Have access to 50-70 generic medications and select vaccinations onsite at no cost.
- Get your blood work done onsite.
- Earn significant rewards for completing a yearly annual exam at the health center (available for members and spouses).
- Get convenient, comprehensive care **at no cost to you and with no copays.**

Schedule an appointment today at any of our convenient locations.  
Learn more at [eversidehealth.com/ithbf](https://eversidehealth.com/ithbf)

### Schedule your welcome visit

Get to know your provider (in person, by phone, or online) and go over your health history so you can get the right care when you need it most.

*Health centers are managed by Activate by Everside Health, an independent outside entity, ensuring confidentiality.*

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# Get to know your provider before you need them

At Activate by Everside Health, we do things a bit differently. We want you to schedule an appointment with your provider *before* you're sick. While this might not be what you're used to experiencing with a primary care provider, having an appointment before you have a care need ensures that they know you personally and understand your medical history and needs. That way, should an urgent need arise, they can make the best decision for your care. With first-time appointments available up to 90 minutes, you might find that your Everside provider can meet other needs you least expected, saving you time and money where it counts!

## Four reasons to schedule your appointment now



### Your provider gets the "big picture" of you.

Establishing care with your provider helps form a baseline of your health. Your provider can determine your health risk factors and work with you to create an action plan for managing your health.



### You get comprehensive, coordinated care.

Your Everside provider can take care of up to 80-90% of your healthcare needs. When outside care is needed, your provider will coordinate referrals and follow-up care with specialists for you.



### You get a trusted healthcare advocate.

The personal attention and extra time spent with your Everside provider can support your efforts in making all the right moves toward healthier living.



### You may be able to save time and money.

Your provider can help manage ongoing health concerns, which may add up to fewer sick days and lower healthcare costs.

## Comprehensive care for the whole family

- Primary, preventive, and 24/7 urgent care via phone
- Healthy lifestyle coaching
- Same- or next-day appointments for urgent needs
- Chronic condition management
- Care coordination
- Women's health
- Acute pediatric care children 3 & over
- No cost onsite lab work
- Select, no cost generic medications on site
- And many more services

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# Our services

## In-person and virtual care for adults and children

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be offered in Activate by Everside Health Centers (not a complete list). Our onsite providers make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

Primary and preventive care		Labs	Medications
<ul style="list-style-type: none"> <li>Acute illness visits &amp; treatment*</li> <li>Basic vision screening (color &amp; near vision)</li> <li>Biometric screening</li> <li>Blood pressure and vitals screening</li> <li>Chronic condition management*</li> <li>Comprehensive personal evaluation including routine checkups*</li> <li>Coordination with other providers (e.g., specialists, hospitals)*</li> </ul>	<ul style="list-style-type: none"> <li>Depression &amp; anxiety*</li> <li>Fitness &amp; nutrition coaching*</li> <li>Health risk assessment*</li> <li>Lifestyle &amp; risk-reduction coaching*</li> <li>Acute visits for children age 3 and over</li> <li>Pre-op evaluations &amp; clearance</li> <li>Routine adult physicals</li> <li>Sports physicals</li> <li>Women's health</li> </ul>	<ul style="list-style-type: none"> <li>Basic metabolic panel</li> <li>Blood draws &amp; sample collection</li> <li>Cholesterol</li> <li>Hemoglobin A1c</li> <li>Pregnancy test</li> <li>Screening for diabetes</li> <li>Strep throat test</li> <li>Urinalysis</li> </ul>	<ul style="list-style-type: none"> <li>Approximately 50-70 common generic drugs will be available at no cost to the participant, including those for common and chronic conditions</li> <li>No narcotics are available</li> </ul>
Procedures		Behavioral health	
<ul style="list-style-type: none"> <li>Asthma/Pulmonary treatments</li> <li>Basic ENT procedures</li> <li>Basic wound care</li> <li>Dermatological procedures including mole removal</li> <li>Ingrown toenail removal</li> </ul>	<ul style="list-style-type: none"> <li>Skin biopsy (lab not included)</li> <li>Skin cyst removal</li> <li>Skin tag &amp; wart removal (cryo)</li> <li>Stitches</li> <li>Suture/Staple removal</li> </ul>	<ul style="list-style-type: none"> <li>Behavioral health care evaluation</li> <li>Treatment</li> <li>Follow-up care scheduled through Everside providers</li> </ul>	
Immunizations		Diagnostic testing & vitals	
<ul style="list-style-type: none"> <li>Adult vaccinations available onsite. Please contact the health center nearest you to determine what vaccines can be provided.                             <ul style="list-style-type: none"> <li>Available preventive vaccinations include flu, Hep B, DTaP, Polio, MMR, Varicella, Shingles, Tdap, and MCV4.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Preventive vaccinations for children aged 3-11 may be available, covering all immunizations required by the State Department of Health.</li> </ul>	<ul style="list-style-type: none"> <li>Blood pressure &amp; vitals</li> <li>EKG</li> </ul>	

\*Available for virtual appointments. Follow-up in-person care will be coordinated with your provider if needed.

Schedule an appointment today at any of our convenient locations.  
Learn more at [eversidehealth.com/ithbf](https://eversidehealth.com/ithbf)



# By your side in Indiana

Find a convenient Activate by Everside location near you. To make an appointment, please call the health center directly. We encourage people to call ahead as these are not walk-in health centers. If you call ahead, we can almost always schedule an appointment same or next day. For after hours, please call the health center and you will be able to speak with an after hours nurse line that can help assess the situation and refer the patient to the provider or emergency department, if needed.

**1 Anderson Health Center**

7305 Quality Cr.  
Anderson, IN 46013  
765-374-6060

**2 Bedford Health Center**

1901 16th St.  
Upper Level  
Bedford, IN 47421  
812-675-0975

**3 Benton County Health Center**

604 E. 2nd St., Ste. A  
Fowler, IN 47944  
765-885-2341

**4 City of Mishawaka Health Center**

333 E. Mishawaka Ave.  
Mishawaka, IN 46545  
574-314-5950

**5 City of South Bend Health Center**

320 Dr. Martin Luther King Jr. Blvd., Ste. 300  
South Bend, IN, 46601  
574-406-6376

**6 Covington Health Center**

416 Union St.  
Covington, IN 47932  
765-356-9198

**7 Evansville Health Center**

1110 Professional Blvd.  
Evansville, IN 47714  
812-602-3300

**8 HCH Muncie Health Center**

3521 W. Purdue Ave.  
Muncie, IN 47304  
765-284-1500

**9 Healthworks-Richmond Health Center**

1301 South 8th St.  
Richmond, IN 47374  
765-200-7259

**10 Healthworks-Winchester Health Center**

910 E Washington St.  
Winchester, IN 47394  
765-595-0633

**11 Lafayette Health Center**

2701 B Kent Ave. Door #8  
West Lafayette, IN 47906  
765-222-4422

**12 Local 166 Health Center**

2932 Ludwig Rd.  
Ft. Wayne, In 46818  
260-755-1304

**13 Marion Health Center**

2707 S Western Ave.  
Marion, IN 46953  
765-697-9142

**14 Martinsville Schools Health Center**

909 South Main St.  
Martinsville, IN 46151  
765-343-7040

**15 MCOE Health Center**

6920 Parkdale Pl. Ste. 100  
Indianapolis, IN 46254  
317-800-7944

**16 Monroe County Health Center**

119 W. 7th St.  
Bloomington, IN 47404  
812-323-4480

**17 Nappanee Health Center**

1405 E Market St.  
Nappanee, IN 46550  
574-544-5423

**18 Nippon Steel/Seymour Schools Health Center**

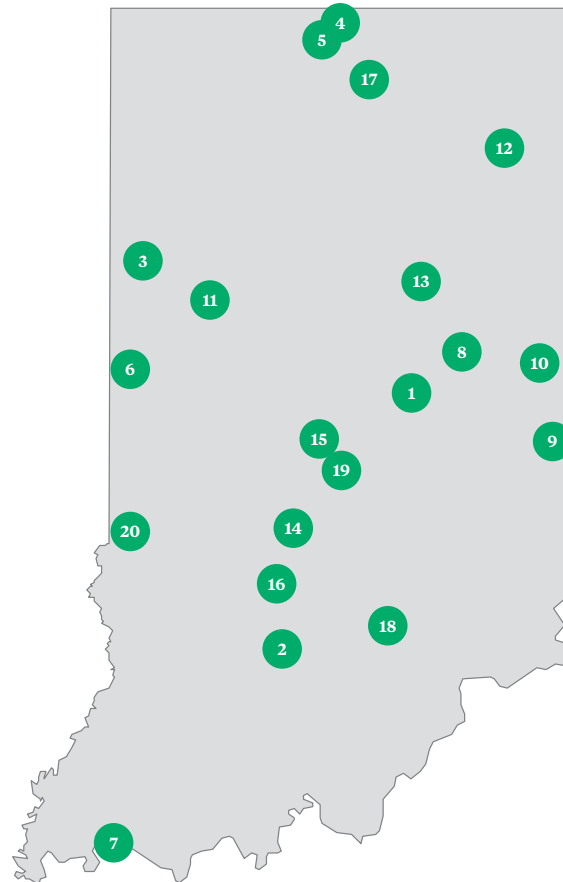
1240 E. Fourth St. Ste. C  
Seymour, IN 47274  
812-522-5730

**19 Teamsters 135 Health Center**

5510 S. East St.  
Building A, Ste. B  
Indianapolis, IN 46227  
317-735-1525

**20 Terre Haute Health Center**

1202 E. Canvasback Dr.  
Terre Haute, IN 47802  
812-514-5429



Learn more at  
[eversidehealth.com/ithbf](https://eversidehealth.com/ithbf)

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# Get complete care, anywhere

Your healthcare is our top priority. So we make it easy to visit your provider, whether it's in person, online, or over the phone—whatever is easiest for you.

**Everside Health providers can see you virtually or consult over the phone for almost any service, including:**

- Establishing care (getting to know your provider)
- Discussing medications or getting refills
- Mental health screenings
- Routine checkups
- Chronic disease management (like diabetes management, heart disease management, etc.), and more



The Everside Health mobile app is coming **Spring 2022!**

Members will be able to create an account for easy appointment scheduling. You can also chat directly with your care team and start video visits within the app.

Schedule an appointment today at any of our convenient locations. Learn more at [eversidehealth.com/ithbf](https://eversidehealth.com/ithbf)

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# Virtual care FAQ

## How does a virtual care visit compare to a traditional in-person provider encounter?

The interaction is very similar. The healthcare provider will ask pointed questions to assess your overall well-being, with a focus on your chief complaint. This process is to assure the provider that you are a candidate for treatment. If the provider has any urgent concerns about your health, you may be referred to the appropriate level of care. This referral to an ER or specialist currently occurs only about 5% of the time (for urgent care type visits).

## How can a provider treat me without physically seeing me?

For most common or chronic illnesses, a telephone and video interaction with a provider can effectively replace an urgent care or emergency room visit. The provider does not need a physical exam to diagnose and treat most urgent care illnesses. Taking a thorough history is historically considered “90% of the evaluation” when coupled with provider-patient interaction. This is effective for diagnosis and treatment in a large majority of cases. How a patient feels can be just as important clinically as what their physical exam reveals, in most simple cases.

## Is diagnosis without a physical exam effective?

Internal medicine and family practice providers have for many years evaluated patients, while on call, who they have neither seen nor examined. Evidence that this type of treatment is effective comes from decades of primary care providers treating their patients effectively over the phone—when on call, after hours, and on weekends. The Everside virtual care solution improves what has already been established as successful, with new digital technology that advances this interaction. Healthcare providers can see patients through our video link and thus receive ample information to diagnose a majority of common illnesses.

## Do providers prescribe medication via virtual care?

Yes, if the diagnosis warrants treatment, a provider may be able to prescribe a medication for a patient.

## Is the process complicated to see a provider via virtual care?

Not at all. The system was designed with patients’ needs in mind, to make the overall experience accessible and intuitive. We have designed our system to optimize the experience based upon your device of choice (phone, computer, or mobile device) for the visit.

## Is my medical information secure?

Absolutely! We are committed to safeguarding and protecting all personal information, including medical information about you. We employ administrative, physical, and technical measures designed to safeguard and protect information under our control from unauthorized access, use, and disclosure. These measures include encrypting your personal information when we store or transmit it and using secure servers that we back up daily. We are designed to be fully HIPAA (Health Insurance Portability and Accountability Act) compliant.

## How do I ensure that consultations are conducted in a consistent, medically appropriate manner?

Everside virtual care providers deliver care using the same clinical protocols that are in effect at face-to-face appointments, like: not prescribing narcotics, deciding on the age of pediatric patients to be seen in advance, knowing where to send a patient for an emergency, and adhering to general practice guidelines.

# Your 2022 wellness incentive program with Activate by Everside Health



Your health is our priority, and we are by your side to support you throughout your journey towards better health. Rewards for participating in a wellness program are available to all members and their spouses. We are excited to share some exciting enhancements for our 2022 program.

## 1. Complete your annual health assessment between January 1, 2022 - December 31, 2022:

The annual health assessment at your Activate by Everside Health Center will provide a tailored lifestyle plan to help you achieve your personal health goals. There is no cost for this health assessment that includes:

- Detailed biometric review
- Behavioral health assessments
- Health profile assessment and review
- Healthy lifestyle coaching
- Continual support and guidance

## 2. Review your results using the chart below.

By completing your annual health assessment, you will earn a **\$100 gift card**. You are also eligible to earn up to an additional **\$200 gift card** based on your biometric results. The goal is to have all categories in the healthy range.

If your biometric results are in a healthy range, congratulations! You will automatically earn the dollar amount shown below for each biometric category in a healthy range.

	High Risk	Moderate Risk	Healthy Range	Wellness Reward <small>For results in healthy range</small>	Results	Reward Earned
<b>BMI</b>	30 or greater	25-29.9	24.9 or less	<b>\$100</b>		
<b>Blood pressure</b>	Systolic 140 or greater and/or diastolic 90 or greater	Systolic 120-139 and diastolic 80-89	Systolic 119 or less and diastolic 79 or less	<b>\$50</b>		
<b>Glucose/A1c</b>	If $\geq 100 + F/U$ A1c $\geq 6.0$	n/a	99 or less (fasting) If $\geq 100 + F/U$ A1c $< 6.0$	<b>\$50</b>		

## What happens if your numbers are not in the healthy range?

If your results are not in a healthy range, you can still earn your wellness reward by making health improvements by December 31, 2022. If you improve your BMI, blood pressure, or glucose, call to schedule a follow-up coaching appointment to review your results with your provider.

### Improvements to earn wellness reward:

**BMI** | Reduce weight by 5%

**Blood Pressure** | Improve risk category

**Glucose/A1c** | Improvement required

*If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your nearest Activate by Everside Health Center and we will work with you to find a wellness program with the same reward that is right for you in light of your health status.*

**These benefits are brought to you by**

**INDIANA TEAMSTERS HEALTH BENEFITS FUND**

Still have questions? Call **317-735-1525** or visit [eversidehealth.com/ithbf](https://eversidehealth.com/ithbf)

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