

Wellness Center – Frequently Asked Questions

What is the Center Grove Wellness Center?

The Center Grove Wellness Center, managed by Indiana University Health, offers high-quality, comprehensive primary care, preventive care and other health services to employees and insured dependents who participate in the Center Grove Community School Corporation health plan. Retirees who participate in the school corporation's health plan also are eligible to use the Center. The Center Grove Wellness Center is located at 2943 Morgantown Road in Greenwood.

What services does the center provide?

Preventive Care

- Annual physicals and routine health exams
- Women's health exams (pelvic exams and pap smears)
- Men's health exams (including prostate exams)
- School and sports physicals
- Preventive screenings (blood pressure, blood sugar, cholesterol)
- Immunizations (seasonal flu, hepatitis B, tetanus boosters)
- Individual health coaching
- Nutrition counseling and wellness education

Immediate and Primary Care

- Diagnostic screenings (influenza, strep throat, vision, etc.)
- Treatment of minor illnesses and injuries (sore throat, flu, seasonal allergies, stomach pain, sinus infection, eye infection, skin infection, rash, etc.)
- Management of chronic illnesses (diabetes, high blood pressure, COPD, high cholesterol, etc.)

Lab Services

- Screening and diagnostic labs as ordered by your doctor

Pharmacy – The wellness center will send your prescription to Young at Heart pharmacy, and your medication will be mailed to your home.

Is there a physician on staff at the Center Grove Wellness Center?

Yes. Sarah McKenna, MD, is board certified in both Internal Medicine and Pediatrics. She graduated from the Michigan State University College of Human Medicine and completed her residency at the University of Illinois College of Medicine. Dr. McKenna has experience treating a range of primary care issues—from ear infections in children to high blood pressure, COPD and heart disease in adults. She focuses on working cooperatively with patients to maintain their good health and to prevent disease.

How far in advance do I need to schedule an appointment at the wellness center?

While appointments are required at the Center Grove Wellness Center, same-day appointments, if available, can be scheduled. If you are ill and there are no available appointments online, you may call the wellness center during business hours at **317.882.1233**. The staff will make every effort to adjust the schedule so you can be seen that day. To schedule an appointment, visit centergrove.k12.in.us or call **317.882.1233**.

Will the wellness center share my personal medical information with my employer?

Absolutely not. The Center Grove Wellness Center is a physician practice of IU Health. Your privacy is protected, and the services provided are strictly confidential by law under the Health Insurance Portability and Accountability Act (HIPAA).



(See next page for more information.)

Wellness Center – Frequently Asked Questions

What if I need medications?

- Approximately 100 commonly used generic medications are available from the wellness center at no cost to you. Whenever possible, the first fill of your medication prescribed by the wellness center physician or nurse practitioner will be dispensed at the wellness center at the time of your visit.
- If the wellness center practitioner determines that your condition requires a brand-specific medication, you will need to refer to your Anthem prescription benefit plan for coverage information and copays.
- Generic maintenance medications are available at no cost through the Center Grove Wellness Center mail-order program. To sign up for the mail-order program, you will need to schedule a consultation with the wellness center physician to discuss your medication and medical history. You must also complete the mail-order enrollment forms, which may be obtained at the wellness center. Only generic medications are available through the center's mail-order program. Over-the-counter (OTC) and brand-name medications are not available.
- Prescriptions for brand-name medications or those written by physicians or nurse practitioners outside of the Center Grove Wellness Center cannot be filled in the wellness center. These prescriptions should be taken to a local retail pharmacy or processed via the Young at Heart mail-order service. Please contact the school corporation's human resources department with questions about Young at Heart.

Are lab services available?

Yes. Lab services, such as blood work, strep tests, mono tests, flu tests and urinalysis, are available at no out-of-pocket cost. You may also bring lab orders from practitioners outside of the Center Grove Wellness Center and have those tests completed at the center. With a signed release, the center staff will send results to the physician or practitioner who ordered the test.

What is health coaching?

Health coaching (also referred to as wellness coaching) is a free, confidential service offering you the opportunity for an unlimited one-on-one session to discuss your personal health goals. Health coaching can help you:

- Develop a realistic action plan for turning small lifestyle changes into big results
- Get started by providing the support and encouragement you need
- Work alongside a health expert to overcome barriers
- Review health information on topics such as healthy eating, exercise, tobacco cessation, weight management, blood pressure and stress management
- Build your motivation and confidence to be successful

Call Sandy Kuniewicz, health coach, at **317.517.5161** or email skuniewicz@centergrove.k12.in.us to schedule an appointment.

Can I bring my children to the center?

Yes. If your children are covered by your health plan, they are eligible to visit the Center Grove Wellness Center for services. Trained to care for both adults and children, Dr. Sarah McKenna is board certified in Pediatrics and Internal Medicine. The Center's medical team can provide expert treatment and advice for your child, including care for acute and chronic illnesses and minor injuries. Please call the wellness center for questions regarding the availability of vaccines.

Will the Center Grove Wellness Center work with my doctor, if necessary?

Yes. If you sign a consent/release form, the wellness center staff will share appropriate information regarding your visit with your doctor(s). The center's practitioner may also wish to speak with your doctor(s) to ensure they are working collaboratively on a care plan that best meets your health needs.

What if I need to see someone when the center is closed?

If you have a medical emergency, dial 911 or go to the nearest emergency room. If it is not an emergency, call the Anthem 24-hour Nurse Call Line at the number listed on the back of your Anthem insurance card.

Where should I go if I have an occupational health injury?

The Center Grove Wellness Center does not practice occupational health. If you have an occupational health injury, notify your supervisor who will provide direction on how to seek medical care.