

Three great opportunities for health services through the UMD Employee Health and Wellness Center!

The UMD Employee Health and Wellness Center (EHWC) offers a broad spectrum of health care through its three outreach services:

- *QuickCare Clinic*
- *Medication Therapy Management Clinic*
- *Health Coaching*

UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

QuickCare Clinic
www.d.umn.edu/quickcare
Phone: 218.726.8666
E-mail: qcare@d.umn.edu

Medication Therapy Management (MTM) Clinic
www.d.umn.edu/mtm
Phone: 218.726.6750, press option 1
E-mail: mtm@d.umn.edu

Health Coaching
www.d.umn.edu/healthcoach
For an appointment: 218.726.6750, press option 2
E-mail: mycoach@d.umn.edu



University of Minnesota Duluth
103/107 Kirby Student Center
1120 Kirby Drive
Duluth, MN 55812



Three ways to take charge of your health care

www.d.umn.edu/umdwelness

QuickCare Clinic

www.d.umn.edu/quickcare

218.726.8666

Offers convenient health care services for all UMD staff and faculty, spouses/same-sex domestic partners, and dependent children. There is a \$5 copay per visit for UPlan members. However, there is no copay for immunizations. No appointment is needed.

Services include:

- Treatment of acute minor illness, such as sore throat, ear pain, and seasonal allergies
- Cholesterol and blood glucose screening
- Free blood pressure checks
- Flu shots and immunizations
- Pregnancy screening

Medication Therapy Management (MTM) Clinic

www.d.umn.edu/mtm

218.726.6750, option 1

Available to UPlan members taking at least four or more UPlan-covered medications for chronic conditions. An appointment is required.

- Meet with a trained pharmacist to review your medications
- Develop a personalized medication care plan to discuss with your physician
- Qualify for an \$8 prescription drug copay reduction available for six months on Generic Plus and Brand Formulary medications.

Health Coaching

www.d.umn.edu/healthcoach

218.726.6750, option 2

Available to all UPlan members. An appointment is required.

- Review your wellness assessment with our on-campus health coach
- Set health goals for 2009-10
- Make regular appointments with the health coach to discuss progress and receive \$65 incentive reward after finishing the 6-month health coaching program
- Learn about other wellness incentive programs and health resources