

The road to better health starts here...

The UMD Employee Health and Wellness Center has a host of services that can put you on the road to better health, including QuickCare Clinic, Medication Therapy Management Clinic, and Health Coaching.

QuickCare Clinic
web: <http://www.d.umn.edu/quickcare/>
email: qcare@d.umn.edu
phone: 218-726-8666

Medication Therapy Management Clinic
web: <http://www.d.umn.edu/mtm/>
email: mtm@d.umn.edu
appointment: 218-726-6750, press 1

Health Coaching
web: <http://www.d.umn.edu/healthcoach/>
email: mycoach@d.umn.edu
appointment: 218-726-6750, press 2

UPlan



Employee Health
and Wellness Center

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

Employee Health
and Wellness Center



Get on the road to better health

QuickCare Clinic

Available to all UMD employees. Fast, convenient care – no appointment needed
Only \$5 per visit for UPlan members. Experienced physician assistant provides services including:

- Pregnancy screening
- Treatment of sore throat, ear pain, and seasonal allergies
- Cholesterol and blood glucose screening
- Free blood pressure check
- Flu shots and immunizations

For information on other QuickCare Clinic services, call 218-726-8666.



Medication Therapy Management Clinic

Available to UPlan members taking at least four meds to treat two or more conditions. Appointments required. Call 218-726-6750

- Meet with a trained pharmacist to review your medications
- Receive a medication profile you can discuss with your doctor
- Qualify for a \$0 copay for your Generic medications through RxAmerica and an \$8 reduction in your Brand copay



Health Coaching

Available to all UPlan members. Appointments required. Call 218-726-6750

- Review your wellness assessment with our in-house health coach
- Set your health goals for 2008
- Make regular appointments with the health coach to discuss progress
- Get information about resources available through the Wellness Program
- Receive regular health tips from the health coach

