

You are invited to an open house.



QuickCare Clinic



Medication Therapy Management



Health Coaching



UPlan
Employee Health
and Wellness Center

Open House

Employee Health and Wellness Center (EHWC)

Thursday, March 5, 2009

12-3:30 p.m.

103-107 Kirby Student Center

Stop by for refreshments, free mugs (while supplies last), and register for prizes! Learn about QuickCare Clinic, Medical Therapy Management, and Health Coaching.

QuickCare Clinic

www.d.umn.edu/quickcare

218-726-8666

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

Medication Therapy Management

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. Meet with a trained pharmacist to review your medications and receive a personalized medication recommendation to discuss with your doctor. There is an \$8 prescription drug copay reduction available for six months. Appointments required.

Health Coaching

www.d.umn.edu/healthcoach

218-726-6750, option 2

Review your wellness assessment with our on-campus health coach. Set health goals for 2009 and receive \$65 incentive reward on completion of the health coaching program.

Employee Health and Wellness Center
103-107 Kirby Student Center
1120 Kirby Drive
Duluth, MN 55812
www.d.umn.edu/umdwllness

