



Employee Health  
and Wellness Center

**UPlan**

**The journey to better health begins with just one step.**



## Step in to the UMD Employee Health and Wellness Center

Good health means much more than just the absence of illness. Improving and maintaining your health can profoundly impact your quality of life. The UMD Employee Health and Wellness Center was created to help UPlan members and their dependents become more healthy.

The Employee Health and Wellness Center offers a variety of services to help you obtain and maintain good health:

- QuickCare Clinic: No appointments necessary
- Medication Therapy Management (MTM) Clinic: Appointments required
- Health Coaching: Appointments required

All three services are low-cost or free to eligible UPlan members. Quickcare is also available to non-UPlan employees at a reasonable cost.

### UMD Employee Health and Wellness Center 107 Kirby Student Center

[www.d.umn.edu/umdwelness/](http://www.d.umn.edu/umdwelness/)

**MTM and Health Coaching Appointments:**

**218.726.6750**

**QuickCare Information Line:**

**218.726.8666**

## QuickCare Clinic

QuickCare is a clinic for UMD employees and early retirees, spouses/same-sex domestic partners, and dependent children. QuickCare makes it easier for you and your dependents to access medical care for common ailments that have specific treatments. No appointment is necessary.

*QuickCare has moved! We are now located in the Kirby Student Center.*

### QuickCare is:

**CONVENIENT:** No appointment needed, free parking, located on campus. Some medications can be filled through the QuickCare dispensary (all medications at pharmacy of your choice).

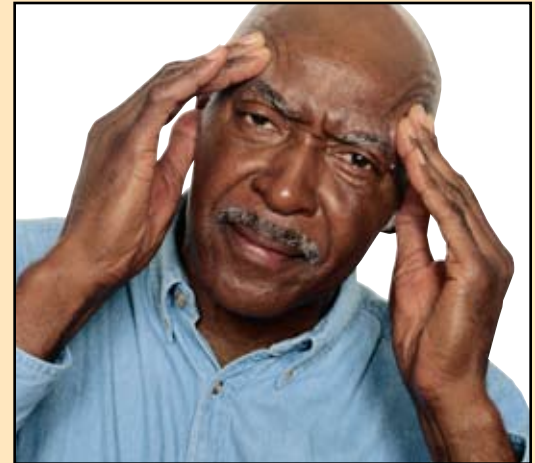
**FAST:** Usually in and out in less than 15 minutes

**LOW COST:** \$5 copay per visit for UPlan members and no copay ever for immunizations

**QUALITY CARE:** Experienced physician assistant qualified to provide prescriptions and diverse services ranging from treating ear pain, sore throat, and seasonal allergies, to strep and pregnancy screenings, to immunizations.

Open November 2, 2007-May 23, 2008  
8:00 a.m. to 1:00 p.m. & 1:30 to 4:00 p.m.  
Information Line: 218.726.8666

**[www.d.umn.edu/quickcare/](http://www.d.umn.edu/quickcare/)**



## Medication Therapy Management

Medication Therapy Management (MTM) is a new service offered at no cost to eligible UPlan participants. MTM allows enrollees to become more active in medication therapy decisions and can result in improved health and savings on medication copays.

MTM seeks to reduce medication therapy problems by providing an individualized patient care plan. The more medications one takes, the higher the chances of having medication therapy problems. MTM can help reduce that risk.

### How does it work?

A specially trained pharmacist will work with you and your physician to complete an initial health assessment and create a personalized medication record. Next, a medication action plan will be developed to ensure that the medications are necessary, safe, effective, and convenient. Regular follow-up visits ensure you continue to receive the most effective and cost-efficient medications available.

### Who can participate?

- UPlan participants, (active employees, dependents, early retirees, or disabled participants) of the University of Minnesota Duluth; AND
- Must be currently using four or more prescription medications and have at least two chronic health conditions; OR
- Have a referral from your primary care provider

### Benefits

- No cost for MTM visits
- Free or reduced drug copays
- Reduced risk of adverse drug interactions
- Greater patient involvement in medication therapy decisions

[www.d.umn.edu/mtm/](http://www.d.umn.edu/mtm/)

Appointments required. Call 218.726.6750



## Health Coaching

The health coach can help motivate and encourage eligible UPlan members to attain better health. Your health coach provides unbiased up-to-date health information to assist you with the development of a personalized wellness plan to effectively change behavior.

The health coach will assess your interests and needs, share the program options and resources available, and help you set realistic goals. The primary focus is to coach and guide you through healthy living choices.

### The Health Coach can:

- Guide you through your wellness program choices.
- Assist you with goal setting, encouragement, and ongoing education and resources.
- Assist you in developing an action plan to overcome lifestyle barriers.

Appointments required. Call 218.726.6750

[www.d.umn.edu/healthcoach/](http://www.d.umn.edu/healthcoach/)

**The UMD Employee Health and Wellness Center helps University of Minnesota Duluth employees and their dependents advance toward better health through QuickCare Clinic, Medication Therapy Management Clinic and Health Coaching.**

*Appointments are required for Medication Therapy Management and Health Coaching. To schedule an appointment call: 218.726.6750. No appointments needed for QuickCare. Free parking is available near the Kirby Student Center.*



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