



# Get to know your Red Gold Health & Wellness Center



*Your Red Gold Health & Wellness Center, powered by Activate Healthcare, is the place where you can go for a wide range of health services. SEBT employees and covered dependents participating in an SEBT medical plan can use the center for:*

- + Primary health care services, including sick visits\*
- + Care for chronic illnesses
- + Low- or no-cost medicines prescribed by the clinic providers and available at the clinic\*
- + Free lab tests when done at the clinic\*
- + Orders for blood work needed by other providers, performed at no charge
- + Health education

\*If you are receiving or depositing funds into a Health Savings Account (HSA), acute care visits are only \$30 for all services received in that clinic visit, including labs and prescriptions, if needed, per IRS code.

### HOW TO USE THE CLINIC

- + The Berne clinic is now open.
- + Call 260.849.4296 to schedule an appointment. Or, go to the clinic and schedule one in-person.
- + You can usually get an appointment on the same or next day.
- + Go to the clinic at the time of your scheduled appointment.
- + You will be seen by a medical provider who can assist you.

### HOURS

- M** 8 am – 5 pm
- T** 9 am – 6 pm
- W** 8 am – 5 pm
- TH** 9 am – 6 pm
- F** 7 am – 4 pm



### RED GOLD HEALTH & WELLNESS CENTER

926 West 500 South | Berne, IN 46711 | 260.849.4296



## YOUR CLINIC STAFF



### TAMARA ROBBINS, MD

Dr. Robbins is a family physician certified by the American Board of Family Medicine and is a certified DOT medical examiner. She earned a bachelor's degree in chemistry from Taylor University and her medical degree from the IU School of Medicine. Dr. Robbins completed her residency in family practice at Ball Memorial in Muncie. She enjoys time at home with her family, including tending their garden and caring for their pets. Dr. Robbins serves as a Wells County Commissioner, District One. She will be serving the clinic part time.



### STEPHEN SAUER, MD

Dr. Sauer is a primary care physician and a diplomat of the American Board of Family Medicine. He earned his bachelor of science in nursing from Purdue University and his medical degree from Saba University SOM in Saba, Netherlands, Antilles. Dr. Sauer completed his residency in family practice at St. Joseph Medical Center in South Bend. His interests include weight resistance training, Broadway musicals, and concerts. Dr. Sauer and his wife enjoy watching their daughters play high school and college volleyball. He will be serving the clinic part time.



### KRISTY NORRIS, FNP

Kristy is a family nurse practitioner certified by the American Academy of Nurse Practitioners. She also has CPR and DOT certifications. Kristy earned her master's degree in nursing from Indiana Wesleyan University. She serves on the board of Kisa Outreach, an organization that works with orphans and vulnerable children in Uganda. Kristy and her husband enjoy cheering for their three children at various sporting events.



## WHEN TO USE THE CLINIC

You can go to the Red Gold Health & Wellness Center if you:

- + Want regular primary care, including annual physicals
- + Are sick
- + Have a condition that needs to be checked regularly
- + Have a child that needs a sports physical
- + Take prescription medicine
- + Need lab work or a blood sample taken
- + Would like personal wellness coaching



## PRESCRIPTION REFILLS

- + If you are prescribed medicine by the clinic provider and you need a refill, call the clinic at 260.849.4296 and ask for a refill over the phone.
- + It should be ready for you to pick up at the clinic within 48 hours.