



## Think of your Activate Health & Wellness Center first for all your health care needs

Your Activate Health & Wellness Center provides unlimited access to a professional primary care team and a broad scope of primary care services, as well as annual physicals and health coaching at no cost to employees and family members covered by the health insurance plan. No-cost select labs and high-quality generic drugs also are available when prescribed by a clinic provider.

- + PREVENTIVE CARE — Annual wellness exams, health coaching, preventive screenings such as hypertension, metabolic health, diabetes and more.
- + PRIMARY CARE — Infections, cold & flu, digestive issues, sprains & strains, rashes, and minor procedures such as mole and wart removal and minor wound treatment.
- + DISEASE AND CHRONIC CONDITION MANAGEMENT — Diabetes, high blood pressure, high cholesterol, asthma, arthritis, coronary heart disease, COPD, sleep apnea and more.
- + AFTER-HOURS CARE — 24/7 nurse line staffed with trained, registered nurses available to assist team and family members and to help them avoid costly emergency department visits, when possible. After hours, call **1.877.447.1244** to speak with a nurse who can help assess your situation and provide a message for clinic staff to contact you the following business day and schedule an appointment, if needed.

### ADDRESS:

926 West 500 South  
Berne, IN 46711

PH: 260.849.4296

### WELLNESS CENTER HOURS\*:

M 8 am – 5 pm

T 7 am – 7 pm

W 8 am – 8 pm

TH 8 am – 5 pm

F 7 am – 3 pm

*\*New hours effective  
February 1, 2019*

### Need a referral?

**No problem.**

Your Activate Health & Wellness Center staff can guide you to low-cost, high-quality in-network specialists, when needed, to help save you time and money.

## Your Activate Team



Kenneth Sowinski,  
MD



Kristy Norris,  
FNP

### ADDITIONAL TEAM MEMBERS:

Ashley Coleman, MA  
Brittany Satterfield, MA  
Tamara Shawver, MA

