



**Holy Family Memorial
Health & Wellness Center**
Servicing The Chamber of Manitowoc County Members

List of Services

Clinic Services Preventative, primary care, disease management, urgent care \$10 access fee/visit	Additional Services Physical Therapy, Wellness Coach, Emotional Health Counselor \$10 access fee/visit	Services NOT provided Please see your primary care physician for these services
<p>Physical Exams</p> <p>Chronic Disease Management</p> <ul style="list-style-type: none"> • Diabetes • Hypertension • High cholesterol • Obesity • Asthma <p>Minor injuries</p> <ul style="list-style-type: none"> • Back pain • Bruises, scrapes, cuts, burns • Sprains • Joint pain • Athletic injuries • Bites & stings <p>Minor skin conditions & treatment</p> <ul style="list-style-type: none"> • Rashes • Athlete’s foot • Hives, itching, dryness <p>Consultations for minor conditions</p> <ul style="list-style-type: none"> • Respiratory, cough, runny nose • Sore throat • Sinus problems, allergies • Ear problems • Urinary problems <p>Pediatric Services</p> <ul style="list-style-type: none"> • Cough, cold, sore throat • Earaches • Sinus Problems, allergies • Pink Eye • Rash, skin conditions • Sprains, strains <p>Other Services</p> <ul style="list-style-type: none"> • General Lab tests (monospot, rapid strep, urine dip, pregnancy) • Prescriptions & Pharmacy consultations 	<p>In addition to basic clinic services provided by a Nurse Practitioner, additional services include:</p> <p>Physical Therapy: Care for sprains, strains, lower back pain, etc.</p> <ul style="list-style-type: none"> • Mon. 7 a.m. - 12 p.m. • Wed. 1 p.m. - 6 p.m. <p>Wellness Coach: Coaching on overall wellness, nutrition, exercise and other healthcare factors.</p> <ul style="list-style-type: none"> • Mon. 7 a.m. – 12 p.m. • Thur. 1 p.m. – 6 p.m. <p>Emotional Health Counselor: Assist in identification and resolution of concerns such as health, marital, family, financial, alcohol, drug, legal, emotional, stress or other personal concerns.</p> <ul style="list-style-type: none"> • Tue. 7:30 a.m. - 12:30 p.m. • Thur. 1 p.m. - 6 p.m. <p>Nurse Practitioner Hours:</p> <ul style="list-style-type: none"> • Mon/Thur/Fri: 7 a.m. – 3 p.m. • Tues/Wed: 10 a.m. – 6 p.m. 	<ul style="list-style-type: none"> • Surgery • Colonoscopy • Orthopedic Services • Cardiology services such as EKG’s • Radiology services such as X-rays and CT-scans • Obstetric services/procedures • Gynecological procedures • Pathology testing • Allergy testing • Travel medicine <p>*The Health & Wellness Center is an extension of your Primary Care Provider (PCP) – not a replacement. Please maintain or establish a relationship with your PCP for preventive care and chronic disease & medication management.</p> <p>To serve you best, please schedule an appointment to see one of our staff.</p> <div data-bbox="1032 1415 1494 1556" style="background-color: #e1eef6; padding: 5px; text-align: center;"> <p>HFM Right Now E-Visits Only \$30/visit</p> </div> <p>For only \$30/visit, eligible members can go online for an E-visit diagnosis. Check with your insurance to see if E-Visits are covered under your health plan.</p> <ul style="list-style-type: none"> • 7 am – 10 pm; 365 days/year • www.hfmhealth.org/HFMRightNow • Enter MCHAMBER for \$30/visit pricing