

## Racine Unified Employee Health Center

Using the Racine Unified Employee Health Center saves you time and money.

Visit us:

Monday	7 am -3:30 pm
Tuesday	9 am -5:30 pm
Wednesday	9 am -5:30 pm
Thursday	9 am -5:30 pm
Friday	7 am -3:30 pm

For an appointment, call  
**(262) 687-6776**

You must present your insurance card at every appointment; otherwise, your appointment will need to be rescheduled.

Appointments are required. Same day appointments may be available. Pediatric appointments available for children ages 2 and older.

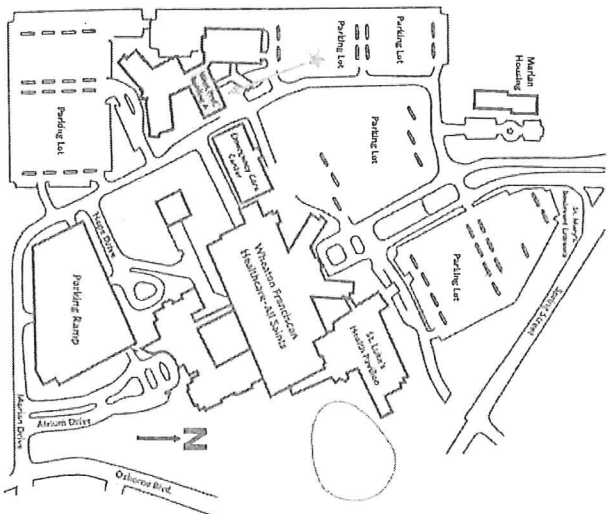
Lab and x-ray services will be billed through your personal health insurance. Lab work is drawn onsite.

No walk-in, emergency, or work-related injury care is provided at the Racine Unified Employee Health Center.



Racine Unified Employee Health Center  
Wheaton Franciscan Healthcare - All Saints  
Spring Street Campus

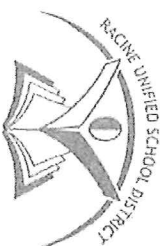
West Professional Building - A  
3805 Spring Street, Suite 212, Racine  
**(262) 687-6776**



**Wheaton Franciscan Health Connections™**  
In Partnership with the Felician Sisters

## RACINE UNIFIED EMPLOYEE HEALTH CENTER

For insured Racine Unified School District employees, dependents, and retirees



**Wheaton Franciscan Health Connections™**  
In Partnership with the Felician Sisters

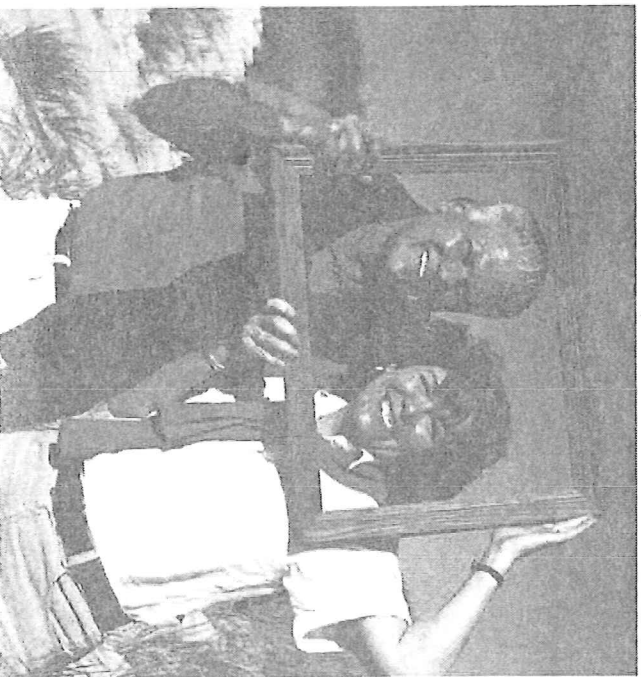
## Racine Unified Employee Health Center

### A benefit for you

Because you are a valuable member of our organization, we are committed to helping you lead a healthier life because that is beneficial to your personal and work life. That's why Racine Unified School District, in conjunction with Wheaton Franciscan Healthcare - All Saints, have developed a customized wellness plan to help you identify health risk factors, to provide education for you about positive health changes, and to offer you confidential, convenient health services.

### Our customized plan includes:

- Primary Care Services
- Chronic Disease Management
- Individual Wellness Consultation



### Racine Unified Employee Health Center

One important benefit that we are very pleased to provide for insured Racine Unified School District employees, dependents (age two and older), and retirees is the Racine Unified Employee Health Center located at the Wheaton Franciscan Healthcare - All Saints, Spring Street Campus.

The Health Center is staffed by a nurse practitioner who will:

- Manage health care needs during acute and chronic phases of illness (i.e. sore throat, earache, vaginal and urinary problems, diabetes, arthritis, and high blood pressure.)
  - Write prescriptions
  - Collaborate with your primary care physician
  - Make referrals to your network provider for medical appointments
  - Diagnose and treat urgent care needs: such as an ear or a sinus infection or strep throat
  - Administers immunizations
  - Conduct school/sports physicals
  - Conduct adult physicals
  - Conduct Health Risk Assessments
  - Work with you to develop an individualized wellness plan
  - Offer individual and group education sessions
- Any urgent chest, abdominal and head pain should be evaluated by your primary care physician, the Emergency Care Center. In an emergency, call 9-1-1.



### What is a Nurse Practitioner?

Nurse Practitioners provide individualized health care in a variety of health care settings and specialties and have been treating patients across the United States since 1965.

A Nurse Practitioner (NP) is a licensed Registered Nurse (RN) who has:

- A Master of Science degree in nursing and national certification in specialized field of nursing practice.
- Advanced education and clinical experience.
- Practices under rules and regulations determined by state boards of nursing and has been granted licensure to prescribe medications through state and federal agencies.
- Specializes in areas of practice including but not limited to adult, pediatric, neonatal, gastroenterology, family, neurology, geriatric, acute care, cardiovascular, women's health and mental health.

# QUICK FACTS & NEXT STEPS



## CHOLESTEROL

- Total cholesterol includes HDL, LDL and triglycerides but does not distinguish between the three.
- Your total cholesterol is a factor used in determining your risk level for heart disease and stroke.

Low Risk: Below 200

High Risk: 240 or Above

## HDL (HIGH-DENSITY LIPOPROTEINS)

- Known as the good cholesterol, because HDL absorbs harmful cholesterol and carries it to the liver to be flushed out of the body.
- Cleans the walls of the arteries, keeping them healthy.

Low Risk: Above 50 (women)

Low Risk: Above 40 (men)

High Risk: Below 39 (women)

High Risk: Below 34 (men)

## LDL (LOW-DENSITY LIPOPROTEINS)

- Known as the bad cholesterol, because high levels create the plaque found on the walls of your arteries, ultimately narrowing the passageway for blood to flow.
- Heart attack and stroke can result from blocked or narrowed arteries.

Low Risk: Below 129

High Risk: 160 or Above

## TRIGLYCERIDES

- Triglycerides are a type of fat found in your body that can be used for energy. When you eat, your body converts any additional calories it doesn't use immediately into triglycerides and stores them in fat cells.
- High triglycerides may contribute to hardening of the arteries which increases the risk of heart disease, heart attack or stroke.

Low Risk: Below 149

High Risk: 200 or Above

## GLUCOSE (BLOOD SUGAR)

- Our body turns most of the food we eat into glucose. Glucose is the body's main source of energy.
- Having high levels of blood glucose puts you at an increased risk for prediabetes and higher risk of developing type 2 diabetes.

Low Risk: Below 100

High Risk: 127 or Above

## BLOOD PRESSURE

- Blood pressure is the force of blood against the walls of your arteries and veins as it circulates through the body. Over time, if the force of the blood is high the tissue in the arteries becomes stretched beyond a healthy limit.
- Systolic (top number) is the amount of pressure exerted with each beat of your heart.
- Diastolic (bottom number) is the amount of pressure remaining between beats.
- High blood pressure puts strain on your heart and puts you at a higher risk for heart disease and stroke.

Low Risk: Below 130/85

High Risk: 140/90 or Above

# QUICK FACTS & NEXT STEPS



## BODY MASS INDEX (BMI)

- A simple index of weight-for-height that is commonly used to classify underweight, normal weight, overweight, and obesity in adults.
- Having a high BMI increases the likelihood of conditions such as heart disease, high blood pressure, breathing problems, and type 2 diabetes.

Low Risk: Below 25

High Risk: 30 or Above

## BODY FAT PERCENTAGE (BF%)

- Measurement of the percent of fat your body contains compared to lean body mass (bone, muscle, organ tissue, blood, etc.). The higher your body fat percentage, the higher your risk of developing other health problems such as heart disease and certain cancers.

Low Risk: Below 28% (women)

Low Risk: Below 22% (men)

High Risk: 33% or Above (women)

High Risk: 28% or Above (men)

## WAIST CIRCUMFERENCE

- The distance around your waist measures the fat held around the stomach. Having an excess amount of weight around your waist can increase your risk for heart disease and diabetes.

Low Risk: Less than 35 in. (women)

Low Risk: Less than 40 in. (men)

High Risk: Greater than 35 in. (women)

High Risk: Greater than 40 in. (men)

Looking for more information?  
Want to make some healthy changes?

## ACCESS THE INHEALTH DASHBOARD™

- Your participant dashboard is a convenient way to access your test results, keep track of your incentive points, utilize tracking tools and learn about available health resources. Additional features include blogs, recipes and newsletters.

## HOW TO ACCESS THE INHEALTH DASHBOARD™

- Go to [www.myinterrahealth.com](http://www.myinterrahealth.com)
- Enter your participant ID, your password, and your company ID (these can all be found on your program handout)



# Racine County and the City of Racine City Health Center

Utilizing the Racine County and City Health Center saves you time and money

Two locations to serve you:

- Wheaton Franciscan Healthcare - All Saints West Professional Building - A

3805 Spring Street, Suite 210, Racine

Monday 7 am - 3:30 pm  
 Tuesday 8 am - 4:30 pm  
 Wednesday 10:30 am - 7 pm  
 Thursday 8 am - 4:30 pm  
 Friday 7 am - 3:30 pm

- Wheaton Franciscan Medical Group - All Saints  
 1120 Main Street, Union Grove  
 Monday-Friday 8 am - 4 pm

For an appointment at either location, call (262) 687-8640. You must present your insurance card and photo ID every time or your appointment will need to be rescheduled. Appointments are required. Same-day appointments are often available.

**Pediatric appointments:**

- Acute pediatric visits can be scheduled beginning at age 24 months.
- Wellness visits can be scheduled beginning at age 3 years old.

Lab and x-ray services will be processed through your personal health insurance. Lab work is drawn on site.

No walk-in, emergency, or work-related injury care is provided at the Racine County and City Health Center.

Racine County and City Health Center

Wheaton Franciscan Healthcare - All Saints

West Professional Building - A

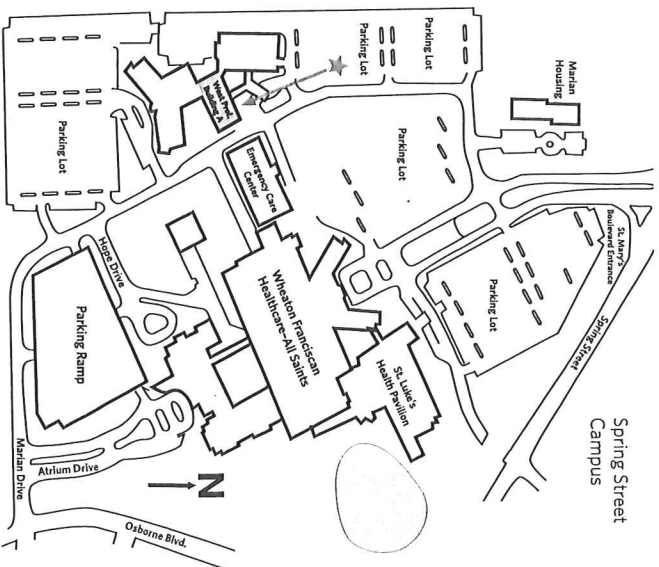
3805 Spring Street, Suite 210, Racine

and

Wheaton Franciscan Medical Group - All Saints

1120 Main Street, Union Grove

(262) 687-8640



**Wheaton Franciscan Healthy Connections™**

*In Partnership with the Felician Sisters*

183879 PS08.15

# RACINE COUNTY AND CITY HEALTH CENTER

For Racine County and City employees, dependents, and retirees\*



**Wheaton Franciscan Healthy Connections™**

*In Partnership with the Felician Sisters*

## Racine County and the City of Racine City Health Center

### A benefit for you

Because you are a valuable member of our organization, we are committed to helping you lead a healthier life, because that is beneficial to your personal and work life. That is why Racine County and the City of Racine, in conjunction with Wheaton Franciscan Healthcare - All Saints, have developed a customized wellness plan to help you identify health risk factors, to provide education for you about positive health changes, and to offer you confidential, convenient health services.

### Our customized plan includes:

- Wellness/Preventive Visits
- Acute Illness and Chronic Disease Management
- Health Prevention Programs

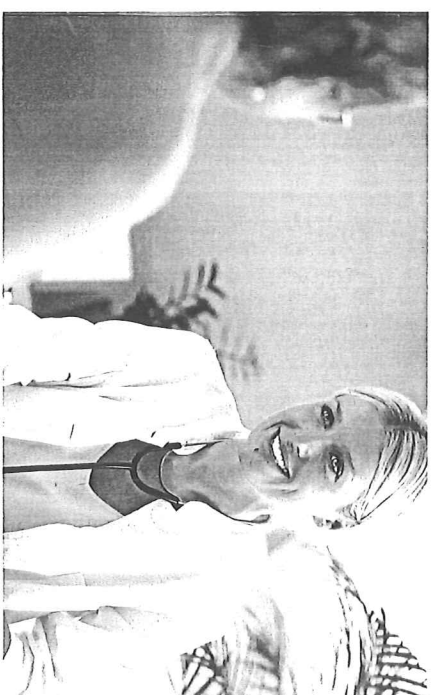


### Racine County and City Health Center

\*The Racine County and City Health Center is an important benefit we are very pleased to provide for Racine County employees, insured City employees, and the insured dependents and retirees of County and City employees.

The Health Center is staffed by a nurse practitioner who will:

- Diagnose and treat urgent care needs, such as ear infections, sinus infections, strep throat, urine infections, STDs, or other common illnesses or injuries
  - Help you manage your chronic health problems, such as diabetes, asthma, and hypertension
  - Perform routine wellness examinations
  - Work with you to develop an individualized wellness plan
  - Collaborate with your primary care physician
  - Make referrals
  - Provide immunizations
  - Conduct school/sports physicals
  - Conduct Health Risk Assessments and other wellness-focused assessments
  - Offer individual and group education sessions
- Any urgent chest, abdominal, and headache pain should be evaluated by the Emergency Care Center or as directed by your primary care physician.



### What is a Nurse Practitioner?

Nurse Practitioners provide individualized health care in a variety of health care settings and specialties and have been treating patients across the United States since 1965.

A Nurse Practitioner (NP) is a licensed Registered Nurse (RN) who has:

- A Master of Science degree in nursing and national certification in a specialized field of nursing practice.
- Advanced education and clinical experience.
- Practices under rules and regulations determined by state boards of nursing and has been granted licensure to prescribe medications through state and federal agencies.
- Specializes in areas of practice including but not limited to adult, pediatric, neonatal, gastroenterology, family, neurology, geriatric, acute care, cardiovascular, women's health, and mental health.