

Resources for Health and Well-Being

Who To Call?

Froedtert Health is committed to supporting the health and wellbeing of our staff and their families. We encourage you to use the convenient, onsite Workplace Clinic, Virtual Clinic or the offsite FastCare Clinics for your acute healthcare needs. You are encouraged to participate in the many programs available through *Wellness Works* aimed at improving your overall health and well-being. Learn more about each program and resource available to you!

Convenient Medical Care Options		
Description	Eligible Individuals	Phone Number and Website
<p>Wellness Works Workplace Clinic A convenient, free option for receiving the health care you need when an unexpected illness or minor injury occurs, or when you want to take greater control of your health through disease prevention and wellness.</p>	Available to all staff members at no cost. Also available to dependents, age 16 and older, enrolled in the Froedtert Health medical plan.	414-805-9959 http://intranet.froedtert.com/workplaceclinic ¹
<p>Virtual Clinic A convenient, free option to receive care for common conditions via webcam or phone 24/7. No appointment needed.</p>	Available to all staff members at no cost. Also available to dependents enrolled in the Froedtert Health medical plan. Dependents not enrolled in the Froedtert Health medical plan may pay a fee to use the Virtual Clinic.	844-805-2030 www.froedtert.com/virtual-clinic
<p>FastCare Clinics Convenient, fast option available at select Meijer stores and the McKinley Health Center without an appointment. Evening, weekend and holiday hours are available.</p>	Available to staff members and dependents age 18 months and older enrolled in the Froedtert Health medical plan. A \$20 copay applies per visit. Staff members and dependents not enrolled in the Froedtert Health medical plan may use the FastCare clinic for a fee of \$65 per visit.	www.froedtert.com/fastcare

Wellness Programming		
Description	Eligible Individuals	Phone Number and Website
<p>Wellness Works Program <i>Wellness Works</i> provides staff members with fun, on-site programming and challenges that encourage healthy living.</p>	Available to all staff members.	414-777-3596 www.froedtert.com/wellnessworks wellnessworks@froedtert.com
<p>Health Coaching Meet with a certified Wellness Coach or RN Health Coach to assist you in developing a plan of action to improve your health. Health Coaches can provide support and resources in tobacco cessation, weight management, physical activity, stress management, Life XT Resiliency coaching and other areas of concern.</p>	Available to all staff members.	414-777-3596 http://intranet.froedtert.com/wellnessworks ¹
<p>Medication Therapy Management Meet with a Froedtert Health Pharmacist to review and discuss your medications. The Pharmacist can partner with your physician to ensure the effectiveness of your medications.</p>	Available to staff members and dependents enrolled in the Froedtert Health medical plan.	414-805-9959 http://intranet.froedtert.com/npclinic/MTM ¹
<p>Registered Dietitian Meet with a Registered Dietitian to discuss meal planning, weight management, dietary guidelines for chronic conditions or diets recommended by your physician.</p>	Available to all staff members.	414-777-3596 http://intranet.froedtert.com/wellnessworks ¹

Care Coordination		
Description	Eligible Individuals	Phone Number and Website
<p>Case Management – Administered by Exceedent Work with a Case Management RN when faced with extended medical needs. The Case Management RN will provide support, guidance and assistance.</p>	All staff members and dependents enrolled in the Froedtert Health medical plan.	1-844-532-5241 www.exceedenthealth.com/froedtert You may receive a call directly from an Exceedent Case Management RN or you can refer yourself by contacting Exceedent.
<p>Clinically Integrated Network (CIN) The CIN is a group of providers, nurses, pharmacists and social workers, who have partnered with the medical plan to help you through difficult health concerns.</p> <p>Transition of Care – A member of the team will call you within 72 hours of discharge from a Froedtert & MCW facility.</p> <p>Chronic Care Management – A member of the team is available to help you or a family member manage a chronic illness.</p> <p>Care Navigation – A member of the team will help you when you receive services outside the Froedtert & MCW network.</p>	All staff members and dependents enrolled in the Froedtert Health medical plan.	You may receive a call directly from a CIN team member.

¹ Only accessible from work