

## WellCare Clinic Services

### MISSION

The Health Clinic's mission is to provide one on one consultation with employees by a qualified health professional in a HIPAA protected environment in order to examine and take steps to improve personal lifestyle habits that affect overall health.

The clinic will work with employees on an individual basis to establish and maintain an effective relationship with a primary care physician as well as utilize resources provided by the City and the clinic in order to make appropriate steps toward a healthier lifestyle.

The clinic will offer high quality, affordable health care for minor medical conditions to members of the health care plan. The primary purpose of this mission is to encourage early and less costly disease intervention, lower direct healthcare costs, reduce lost work time, decrease unnecessary healthcare utilization, and increase employee productivity.

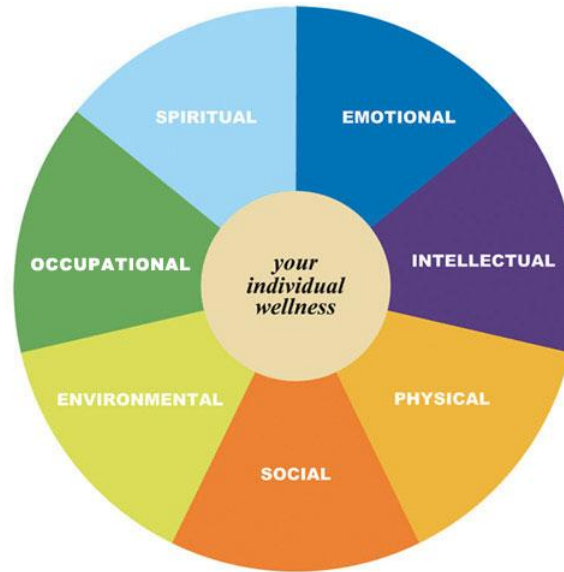
This mission is fulfilled through the provision of a full range of wellness services including examination of health indicators; education on care for chronic illnesses such as diabetes, high blood pressure and heart disease; coordination of activities for disease prevention and health improvement; nutritional counseling; and care for minor injuries.

### City of Lawrence WellCare Clinic

*Located on the campus of Lawrence Memorial Hospital.*

The City of Lawrence WellCare Clinic is not a substitute for a relationship with your healthcare provider. We provide health management services in collaboration with your primary care physician. For more information visit us online at [lmh.org/wellcare](http://lmh.org/wellcare) or contact Ryann Waller at (785) 832-3209.

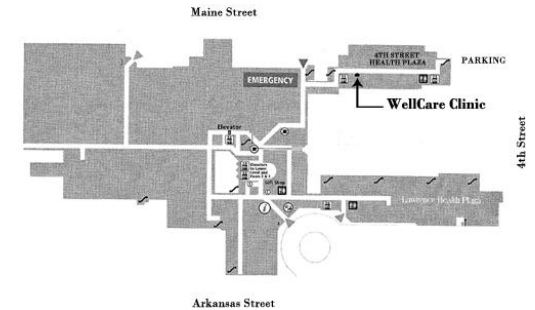
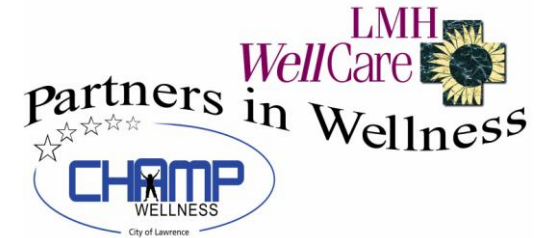
## Wellness Wheel



### City of Lawrence WellCare Clinic

*Located on the campus of  
Lawrence Memorial Hospital in the  
4<sup>th</sup> Street Health Plaza*

1130 W. 4<sup>th</sup> Street, Suite 1015  
Lawrence, Kansas 66044  
Phone (785) 505-3112  
Fax (785) 505-3126  
[www.lmh.org/wellcare](http://www.lmh.org/wellcare)



## City of Lawrence WellCare Clinic

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Lawrence, KS 66044  
(785) 505-3112

## Family Health Services

### WELLNESS COACHING

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- Men's and Women's Health Screening with a Personal Health Assessment (PHA)
- Personal Health Coaching
- Smoking Cessation
- Weight Management

### RESPIRATORY ILLNESS

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- Bronchitis
- Common Colds
- Ear Infections
- Sinus Infections
- Sore Throat/Strep Throat
- Upper Respiratory Infections

### MINOR INJURIES

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- Abrasions
- Animal Bites
- Minor Burns
- Minor Cuts
- Sprains/Strains

### SKIN CONDITIONS

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- Athlete's Foot
- Poison Ivy/Poison Oak
- Skin Irritations/Rashes

## Hours & Location

### WELLCARE CLINIC HOURS

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**Monday and Thursday**  
7:30 a.m. – 12:30 p.m.

**Wednesday and Friday**  
Noon – 5 p.m.

**Clinic closed on Tuesdays,  
Saturdays & Sundays**

**Outside of clinic hours you may call**  
**(785) 505-3112**

### CLINIC LOCATION

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1130 W. 4<sup>th</sup> Street, Suite 1015  
Lawrence, Kansas 66044

*Located on the campus of  
Lawrence Memorial Hospital in the  
4<sup>th</sup> Street Health Plaza*

To Schedule an  
Appointment Call  
**(785) 505-3112**

## Family Health Services



**Jessica Pedersen**

### Advanced Registered Nurse Practitioner

Pedersen is a board-certified family nurse practitioner with over 14 years of experience. In the WellCare Clinic, Pedersen treats chronic medical problems along with acute illnesses. She specializes in chronic disease management and everyday wellness. In addition, she focuses on helping patients integrate wellness into their lives and helps support them throughout the process.



**Lorelei Witt**

### Advanced Registered Nurse Practitioner

Witt is a board-certified family nurse practitioner with 10 years of nursing experience, six as a nurse practitioner. Her interests are preventative medicine and wellness promotion. Witt diagnoses and treats everyday illnesses and helps manage chronic health conditions. She helps her patients live a healthier lifestyle by integrating wellness planning and coaching into her care.