

IMPORTANT INFORMATION

- **Enrollment:** September 18, 2006 to December 1, 2006
- **For Appointments:** Contact Tammy Britt at (704) 233-8400
- **Location:** Basement of Stegall Administration Building
- **Initial visit:** Medical and medication history, simple blood work and examination
- **Convenient hours:** Monday, Wednesday and Friday from 8:00 am to 12:00 noon
- **Cancellation policy:** If you need to cancel your appointment, please contact Tammy Britt within 24 hours of your appointment
- **Confidentiality is a priority!**

The University's Wellness Program is an excellent resource for managing your health care needs.

We hope that you will take advantage of this resource by participating in our innovative program



Tonja Merz, PharmD
Wellness Program Coordinator
Assistant Professor of Pharmacy



Jenny Guyer, PharmD
Assistant Professor of Pharmacy



Wingate University Wellness Center
220 North Camden Street
Wingate, NC 28174
Phone (704) 233-8400
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WINGATE UNIVERSITY WELLNESS PROGRAM



UNIVERSITY EMPLOYEES

We are very excited and pleased to announce the opening of the Wellness Center in conjunction with the School of Pharmacy. On September 18, 2006 we will begin the initial screening process.

This is an excellent opportunity for University employees and their spouses to improve the prevention and management of many chronic illnesses such as diabetes, high blood pressure, high cholesterol, heart disease, asthma, and migraines.

ELIGIBILITY

- You are eligible for the program if you or your spouse are enrolled in the University's health plan
- You must be seen for the initial screening appointment between September 18 and December 1, 2006 to qualify for the incentive



BENEFITS

- \$10 monthly reduction off the Wingate University insurance premium with continued participation
- Increased understanding of your personal health
- Provide education and guidance on various health problems
- Routine follow-up visits for monitoring and reassessment
- An individualized wellness plan will be designed for you if one or more health risk factors are identified

