

GETTING STARTED

Be Well



AT WORK

## Your Health and Wellness Journey starts with your Wellness Center

HRH is committed to your journey of creating a balanced life and in developing lifelong habits of wellness. Your employer Wellness Center offers comprehensive services and programs that focus on the health and well-being of you and your dependents.

The Wellness Centers are designed to offer primary-care focused appointments, physicals, referrals, sick visits and more! Most Wellness Center services are offered at no cost to you or your health plan.

### How to Get Started

Your first step is to schedule an appointment to meet your provider and become an established patient. It's our goal to make it as easy and convenient as possible to schedule. Simply call our Wellness Center Concierge Line at **317.838.WELL (9355)**.

**Our helpful navigators can create an appointment time for you or your loved ones at one of our five convenient locations. Additionally, they can assist you with general questions, navigate referrals, and more!**

*Please remember to bring your photo ID, insurance card and a complete list of your medications with dosing instructions to your appointments.*



Dr. April Johnson  
Medical Director  
Lifestyle Medicine Certified



Dr. Cyndi Speelman



Michelle Barrett, NP



Riley Day, NP



Megan McConnell, NP



Stephanie Marlow, NP



Laura Murray, NP



Heidi Pifer, NP

# BEFORE YOU GO, KNOW WHERE TO GO AND WHEN — *How to make the best choice.*



Hendricks  
Regional Health

AT WORK

## WELLNESS CENTER

Services offered at no additional cost

### When to visit:

- Monday-Thursday, 7am - 6pm
- Friday, 7am - 5pm
- Convenience of care in Avon, Brownsburg, Danville, and Plainfield

### Services and Symptoms:

- Comprehensive annual physicals that include health risk assessments
- Adult Immunizations
- Colds, cough, or flu
- Ear infection
- **\*Chronic illness management (Diabetes, Hypertension, High Cholesterol)**
- **\*Nausea or diarrhea**
- Rash, skin condition or pink eye
- Women's wellness visits
- Urinary tract infection
- Sexual health testing
- **\*Referrals (Radiology, Specialties, etc.)**
- **\*Care navigation (Mental Health)**
- **\*Pharmacy services that include a formulary of medications**
- Lab formulary services
- **\*Wellness program opportunities**
- Migraine headache
- Minor pain, sprains, or swelling, but still able to move or walk

**\* Some appointments can be completed virtually through MyChart. Please call (317) 838-WELL(9355) if you are interested in a virtual visit.**

## IMMEDIATE CARE CENTER

Deductibles and copays may apply

### When to visit:

- Evening, weekend, and holiday hours available
- Convenience of care in Avon, Brownsburg, and Plainfield
- No appointment necessary

### After-Hours Symptoms:

- Colds, cough, or flu
- Nausea or diarrhea
- Ear infection
- Treatment of minor allergic reactions or attacks
- Dizziness or dehydration
- Urinary tract infection
- Minor burns, cuts, lacerations, or bites
- Broken bone
- Rash, skin condition or pink eye
- Migraine headache
- Minor pain, sprains, or swelling, but still able to move or walk

## EMERGENCY DEPARTMENT

Deductibles and copays may apply

### When to visit:

- Acute, traumatic medical needs
- No appointment necessary

### After-Hours Symptoms:

- Persistent chest pain
- High fever or fever in an infant
- Stroke or heart attack symptoms
- Serious head injury or eye injury
- Accidental ingestion of foreign substance or object
- Severe pain, swelling or immobility in joint or muscle
- Joint or body part is immobile or appears misshapen
- Trouble breathing
- Excessive bleeding or cuts that require stitches
- Seizure
- Sudden, severe headache
- Severe allergic reaction or attack
- Accident
- Trauma

Hendricks.org/WellnessCenters or call (317) 838-WELL (9355)



# HENDRICKS REGIONAL HEALTH EMPLOYER WELLNESS CENTERS

## A QUICK GUIDE: Locations, Hours & Contact Information

### Brownsburg Wellness Center

1411 S. Green St., Suite 220  
Brownsburg, IN

**Mon:** 7am - 6pm *(closed 12pm -1pm)*  
**Tue:** 10am - 1pm  
**Wed:** 7am - 6pm *(closed 12pm -1pm)*  
**Thur:** 10am - 1pm  
**Fri:** 10am - 5pm

The Wellness Center is located on the second floor of the Hendricks Regional Health Brownsburg Medical Building. Reserved parking is located at the front of the main entrance of the building.

### Wayne Township Wellness Center

602 N. High School Rd., Suite C  
Indianapolis, IN

**Mon:** 7am - 5pm  
**Tue:** 7am - 5pm *(closed 11am -12pm)*  
**Wed:** 7am - 4pm *(closed 11am -12pm)*  
**Thur:** 7am - 5:30pm  
**Fri:** 7am - 5pm *(closed 12pm-1pm)*

The Wellness Center is located in the back left hand corner of the medical complex in Suite C. Reserved parking is at the front of the entrance to the Wayne Township Wellness Center.

### Danville Wellness Center

1555 E. Main Street  
Danville, IN

**Mon:** 2pm - 5pm  
**Tues:** 7am - 4pm *(closed 12pm -1pm)*  
**Wed:** 7am - 11am  
**Thurs:** 2pm - 5pm  
**Fri:** 7am - 11am

The Wellness Center is located on the corner of East Main Street and Manor Drive. Reserved parking is located on the West side of the building.

### Avon Wellness Center

8244 E. U.S. Hwy 36, Suite 1310  
Avon, IN

**Mon:** 10am - 1pm  
**Tues:** 2pm - 6pm  
**Wed:** 12pm - 5pm  
**Thurs:** 7am - 9am  
**Fri:** 2pm - 5pm

The Wellness Center is located on the third floor of the Hendricks Regional Health Avon Medical Center. Parking is located at the front of the Immediate Care entrance of Building Two.

### Plainfield Wellness Center

1100 Southfield Dr., Suite 1312  
Plainfield, IN

**Mon:** 7am - 9am  
**Tue:** 7am - 6pm *(closed 12pm -1pm)*  
**Wed:** 1pm - 5pm  
**Thurs:** 7am - 6pm *(closed 12pm -1pm)*  
**Fri:** 8am - 12pm

The Wellness Center is located on the third floor of the Hendricks Regional Health Plainfield Medical Center. Reserved parking is at the front of the building.

**Hendricks**  
Regional Health

**AT WORK**

[Hendricks.org/WellnessCenters](https://www.hendricks.org/WellnessCenters)

Tel: (317) 838-WELL (9355) | Fax: (317) 718-2955

GENERIC	BRAND	STRENGTH
<b>***Highlighted medications are available on-site at all Wellness Centers***</b>		
Albuterol HFA	VENTOLIN/ PROVENTIL	90 mcg
ALBUTEROL SULFATE	ALBUTEROL SULFATE	2.5 mg/3 ml (nebulizer solution)
ALENDRONATE SODIUM	FOSAMAX	70 mg
ALLOPURINOL	ZYLOPRIM	100 mg, 300 mg
AMITRIPTYLINE HCL	ELAVIL	25 mg
AMLODIPINE BESYLATE	NORVASC	5 mg, 10 mg
AMOXICILLIN	AMOXIL	500 mg
AMOXICILLIN/POTASSIUM CLAV	AUGMENTIN	875 mg/125 mg
APIXABAN	ELIQUIS	2.5 mg, 5 mg
ATENOLOL	TENORMIN	25 mg, 50mg
ATORVASTATIN CALCIUM	LIPITOR	10 mg, 20 mg, 40 mg
AZITHROMYCIN	ZITHROMAX	250 mg
BALOXAVIR MARBOXIL	XOFLUZA	40 mg
BENZONATATE	TESSALON	100 mg, 200 mg
BLOOD SUGAR DIAGNOSTIC	TRUE METRIX GLUCOSE TEST STRIP	STRIPS
BLOOD-GLUCOSE METER	TRUE METRIX AIR GLUCOSE METER	KIT
BUDESONIDE-FORMOTEROL	SYMBICORT	80/4.5 mcg, 160/4.5 mcg
BUPROPION HCL	WELLBUTRIN SR	100 mg, 150 mg
BUSPIRONE	BUSPAR	10 mg
Carvedilol	COREG	6.25 mg, 12.5 mg, 25 mg
CEFDINIR	OMNICEF	300 mg
CEPHALEXIN	KEFLEX	500 mg
CETIRIZINE	ZYRTEC	10 mg
CHLORTHALIDONE	THALITONE	25 mg, 50 mg
CIPROFLOXACIN HCL	CILOXAN	0.3 % (drop)
CIPROFLOXACIN HCL	CIPRO	250 mg
CITALOPRAM HYDROBROMIDE	CELEXA	20 mg, 40 mg
CLARITHROMYCIN	BIAXIN	500 mg
Classic prenatal	PRENATAL	28-0.8mg
Clindamycin (oral)	CLEOCIN	150 mg, 300 mg
Clindamycin Topical	CLEOCIN TOPICAL	10 mg/g
CLONIDINE HCL	CATAPRES	0.1 mg
CLOTRIMAZOLE-BETAMETHASONE	LOTRISONE	1-0.05% (cream)
COLESEVELAM	WELCHOL	625 mg
CYANOCOBALAMIN (VITAMIN B-12) *Available in-clinic only*	CYANOCOBALAMIN INJECTION	1000 mcg/ml (vial)
CYCLOBENZAPRINE HCL	FLEXERIL	10 mg
DAPAGLIFLOZIN	FARXIGA	5 mg, 10 mg
DESLORATADINE	CLARINEX	5 mg
Desvenlafaxine Succinate ER	PRISTIQ	50mg
DOXYCYCLINE HYCLATE	VIBRAMYCIN	100 mg
Drospirenone-Ethinyl Estradiol	Yasmin (Ocella), Ortho TRI-Cycline (Tri-Sprintec/Trinessa)	3-0.03mg
DULOXETINE	CYMBALTA	30 mg, 60 mg
EPINEPHRINE	ADRENALICK	0.3MG/0.3 (Auto Inj)
EPINEPHRINE	EPIPEN JR 2-PAK	0.15MG/0.3 (auto inj)
ERYTHROMYCIN BASE	ERYGEL	5 mg/gm (ointment)

ESCITALOPRAM OXALATE	LEXAPRO	10 mg, 20 mg
Ezetimibe	ZETIA	10mg
Famotidine	PEPCID	20mg, 40 mg
Fenofibrate	TRICOR	160mg
FEXOFENADINE	ALLEGRA	180 mg
FINASTERIDE	PROSCAR	5 mg
FLUCONAZOLE	DIFLUCAN	150 mg
Fluocinonide	LIDEX	0.05% cream
FLUOXETINE HCL	PROZAC	10 mg, 20 mg
FLUTICASONE PROPIONATE	FLONASE NASAL	50 mcg
FLUTICASONE PROPIONATE	FLOVENT INHALER	44 mcg, 110 mcg, 220 mcg
Fluticasone propion-salmeterol	ADVAIR DISKUS	100/50 mg, 250/50 mg, 500/50 mg
FUROSEMIDE	LASIX	20 mg, 40 mg, 80 mg
GABAPENTIN	NEURONTIN	100 mg, 300 mg
GEMFIBROZIL	LOPID	600 mg
GLIMEPIRIDE	AMARYL	4mg
GLIPIZIDE	GLUCOTROL	5 mg, 10 mg
GLYBURIDE	DIABETA	5 mg
GUAIFENESIN	MUCINEX	600 mg
HYDROCHLOROTHIAZIDE	HYDROCHLOROTHIAZIDE/ MICROZIDE	25 mg, 50 mg
HYDROCORTISONE	HYDROCORTISONE	0.2%, 2.5% cream
HYDROXYZINE HCL	HYDROXYZINE HCL	25 mg
IBUPROFEN	ADVIL/MOTRIN	600 mg
KETOCONAZOLE	KETOCONAZOLE	2% (topical)
KETOTIFEN	ZATIDOR	0.03%
LEVOCETIRIZINE	XYZAL	5 mg
LEVOFLOXACIN	LEVAQUIN	500 mg, 750 mg
LEVOTHYROXINE	SYNTHROID/ LEVOXYL	All strengths
LISINAPRIL	PRINIVIL/ ZESTRIL	10 mg, 20 mg, 40 mg
LISINAPRIL-HYDROCHLOROTHIAZIDE	ZESTORETIC	10/12.5 mg, 20/12.5 mg
LOPERAMIDE HCL	IMODIUM	2 mg
Loratidine	CLARITIN	10 mg
LOSARTAN POTASSIUM	COZAAR	25 mg, 50 mg, 100 mg
MELOXICAM	MOBIC	7.5 mg, 15 mg
METFORMIN HCL	GLUCOPHAGE	500 mg, 1000 mg
METFORMIN HCL ER	GLUCOPHAGE ER	500 mg, 750 mg
METHYLPREDNISOLONE	MEDROL	4 mg
METHYLPREDNISOLONE ACETATE *Available in-clinic only*	DEPO-MEDROL	40 mg/ ml
Metoprolol Tartrate	LOPRESSOR	25 mg, 50 mg
METRONIDAZOLE	FLAGYL	500 mg
Metroprolol Succinate	TOPROL XL	25 mg, 50 mg, 100 mg
Mometasone Furoate Oint	ELOCON	0.1% Ointment
MONTELUKAST SODIUM	SINGULAIR	5 mg, 10 mg
MUPIROCIN 2% 22GM	BACTROBAN	2% 22 gm (ointment)
NAPROXEN	NAPROSYN	500 mg
NEOMYCIN/POLYMYXIN B/HYDROCORT	CORTISPORIN	3.5/10K/1 (solution)
NITROFURANTOIN MONOHYD/M-CRYST	MACROBID	100 mg
NITROGLYCERIN	NITROSTAT	0.4 mg
OFLOXACIN (ear)	OCUFLOX	0.3 % (drop)
Olmesartan	BENICAR	20 mg, 40 mg
OMEPRAZOLE	PRILOSEC	20 mg, 40 mg
ONDANSETRON ODT	ZOFRAN ODT	4 mg
OSELTAMIVIR PHOSPHATE	TAMIFLU	75 mg

OXYBUTYNIN CHLORIDE	DITROPAN XL	10 mg
PANTOPRAZOLE SODIUM	PROTONIX	40 mg
PAROXETINE HCL	PAXIL	20 mg
PATANOL EYE DROPS	OLOPATADINE	0.1% (drop)
PHENAZOPYRIDINE HCL	PYRIDIUM	200 mg
PIOGLITAZONE	ACTOSE	15 mg, 30 mg
Potassium Chloride	KLOR-CON	20mEq
PRASUGREL	EFFIENT	10mg
PRAVASTATIN SODIUM	PRAVACHOL	20 mg, 40 mg, 80 mg
PREDNISONE	DELTASONE	10 mg, 20 mg
PROPRANOLOL	INDERAL LA	80mg
ROSUVASTATIN CALCIUM	CRESTOR	5 mg, 10 mg, 20 mg, 40 mg
SERTRALINE HCL	ZOLOFT	50 mg, 100 mg
SILVER SULFADIAZINE	SILVADENE	1% (cream)
SIMVASTATIN	ZOCOR	10 mg, 20 mg, 40 mg
SPIRONOLACTONE	ALDACTONE	25mg
SULFACETAMIDE SODIUM	BLEPH-10	10 % (drop)
SULFAMETHOXAZOLE-TRIMETHOPRIM	BACTRIM DS	800/160 mg
SUMATRIPTAN SUCCINATE	IMITREX	25 mg, 50 mg
TAMSULOSIN HCL	FLOMAX	0.4 mg
Terbinafine	LAMISIL AT	250 mg
TIOTROPIUM BROMIDE	SPIRIVA RESPIMAT	18 mcg
TOBRAMYCIN	TOBREX	0.3 % (drop)
TOLTERODINE	DETROL	2 mg, 4 mg
Trazodone	DESYREL	50 mg, 100 mg
TRIAMCINOLONE ACETONIDE	TRIAMCINOLONE ACETONIDE	0.5% cream, 0.1% cream
TRIAMTERENE/HYDROCHLOROTHIAZID	DYAZIDE	37.5/25 mg, 75/50 mg
Trimethoprim-Polymyxin b	POLYTRIM	0.1%-10,000 u/mL(drop)
VALACYCLOVIR HCL	VALTREX	500 g, 1000 mg
Valsartan	DIOVAN	80 mg, 160 mg
Valsartan + HCTZ	DIOVAN HCT	80/12.5 mg, 160/12.5 mg
Venlafaxine	EFFEXOR	75 mg, 150 mg



## IMMUNIZATION FORMULARY

BRAND	GENERIC/VIRUS
Arexvy	RSV
Bexero	Meningococcal group B
Boostrix	Tetanus, Diphtheria, Pertussis
Engerix	Hepatitis B
Gardasil	HPV valent
Havrix	Hepatitis A
Flucelvax Quadrivalent	Regular flu vaccine
Fluzone	High dose flu vaccine
Mantoux	Tuberculin skin test
Menveo	Meningococcal groups A,C,Y, W135
Pevnar	Pneumococcal
Priorix	Measles, Mumps, Rubella
Shingrix	Shingles
Varicella	Chicken pox

*Confidential and proprietary of Hendricks Regional Health*



*Healthier employees.*  
**HEALTHIER BUSINESS.**

## Wellness Center Formulary Labs

ABO (Blood Group Testing)  
ACETAMINOPHEN  
AFFIRM-CANDIDA SPECIES  
AFFIRM-GARDNERELLA VAGINALIS  
AFFIRM-TRICHOMONAS VAGINALIS  
ALBUMIN  
ALDOLASE  
ALDOSTERONE BLOOD  
ALKALINE PHOSPHATE ISOENZYME  
ALKALINE PHOSPHATASE  
ALPHA FETOPROTEIN SERUM  
AMIKACIN  
AMYLASE  
ANA TITER (ANTI-NUCLEAR ANTIBODY TITER)  
ANAEROBIC CULTURE  
ANDROSTENEDIONE  
ANGIOTENSIN-CONVERTING ENZYME  
ANTI DNA ANTIBODY  
ANTI HEPATITIS A VACCINE IMMUNOGLOBULIN  
ANTI HEPATITIS B CORE TOTAL  
ANTI HEPATITIS B STATUS  
ANTIBODY IDENTIFICATION  
ANTIBODY SCREEN  
ANTISTREPTOLYSIN O SCREEN

BETA 2 MICROGLOBULIN SERUM  
BETA STREP SCREEN A RAPID  
BILIRUBIN DIRECT  
BILIRUBIN TOTAL  
BLOOD CULTURE  
BMP (BASIC METABOLIC PANEL)  
BNP (BRAIN NATRIURETIC PEPTIDE)  
BUN (BLOOD UREA NITROGEN)

CA 125 (CANCER 125)  
CALCITONIN  
CALCIUM  
CALCIUM URINE 24 HOUR  
CARBON DIOXIDE (CO<sub>2</sub>)  
CAROTENE  
CBC (COMPLETE BLOOD COUNT)  
CBC WITH DIFF (COMPLETE BLOOD COUNT WITH DIFFERENTIAL)  
CERULOPLASMIN  
CHLORIDE  
CHOLESTEROL  
CK (CREATINE KINASE)  
CK MB (CREATINE KINASE MB)  
CLOSTRIDIUM DIFFICILE BY PC  
CMP (COMPLETE METABOLIC PANEL)  
CORTISOL  
CORTISOL URINE  
C PEPTIDE  
CRP (C-REACTIVE PROTEIN)

C-REACTIVE PROTEIN HIGH SENSITIVITY  
CREATININE  
CREATININE (URINE)  
CULTURE STREP GROUP B  
CYTOMEGALOVIRUS TITER

D DIMER  
DEHYDROEPIANDROSTERONE  
DHEA SULFATE (DEHYDROEPIANDROSTERONE SULFATE)  
DIGOXIN  
DILANTIN  
DIRECT COOMBS  
DIRECT LDL (DIRECT LOW DENSITY LIPOPROTEIN)

EBV EA D IgG (EPSTEIN BARR VIRUS ANTIBODY)  
EBV PROFILE (EPSTEIN BARR VIRUS PROFILE)  
ELECTROLYTE PANEL  
EOSINOPHIL COUNT  
EPSTEIN BARR VIRUS  
ESTRADIOL  
ESTROGENS-FRACTION

FERRITIN  
FIBRINOGEN ACTIVITY  
FOLATE  
FOLIC ACID, RED BLOOD CELL  
FREE T3 (FREE TRIIODOTHYRONINE 3)  
FREE T4 (FREE TRIIODOTHYRONINE 4)  
FSH (FOLLICLE STIMULATE HORMONE)  
FTA-ABS (FLUORESCENT TREPONEMAL ANTIBODY ABSORPTION)  
FUNAGAL IMMUNODIFFUS ION

G6PD (GLUCOSE-6-PHOSPHATE DEHYDROGENASE)  
GASTRIN  
GENERAL HEALTH PANEL  
GENTAMICIN  
GGT (GAMMA-GLUTAMYL TRANSFERASE)  
GLUCOSE BLOOD FASTING  
GLYCOSYLATED HEMOGLOBIN  
GRAM STAIN

HAPTOGLOBIN  
HB-S AG (HEPATITIS B SURFACE ANTIGEN)  
HCG (HUMAN CHORIONIC GONADOTROPIN)  
HIGH DENSITY LIPO PROTEIN CHOLESTEROL DIRECT  
HEAVY METALS SCREEN BLOOD  
HEMOGLOBIN ELECTROPH  
HEPATIC FUNCTION PANEL  
HEPATITIS A TOTAL  
HEPATITIS B VIRAL DNA  
HEPATITIS C  
HEPATITIS C RNA QUANTITATIVE  
HISTOPLASMA COMPLEMENT FIXATION

HIV 1 HIV 2 SGL AB ASSAY(HUMAN IMMUNO VIRUS SINGLE ANTIBODY)  
HUMAN GROWTH HORMONE

IGA (IMMUNOGLOBULIN A)  
IGD (IMMUNOGLOBULIN D)  
IGE (IMMUNOGLOBULIN E)  
IGF-1 (IMMUNOGLOBULIN F)  
IGG (IMMUNOGLOBULIN G)  
IGM (IMMUNOGLOBULIN M)  
IMMUNOELECTROPHORESIS SERUM  
IMMUNOGLOBULIN SERIES IGA, G, M  
INFLUENZA A&B VIRUS RAPID  
INSULIN ANTIBODIES  
INSULIN TOTAL  
IRON  
IRON BIND CAPACITY

LDH (LACTO DEHYRDOGENASE)  
LEAD BLOOD  
LEGIONAIRE TITER IGM  
LIPASE  
LIPID PANEL  
LITHIUM  
LUTEINIZING HORMONE

MAGNESIUM  
MAGNESIUM URINE  
METANEPHRINES/URINE  
MICROALBUMIN  
MUMPS ANTIBODY  
MYOGLOBIN/URINE  
MYSOLINE

OCCULT BLOOD FECES DIAGNOSTIC  
OSMOLALITY/URINE  
OSMOLALITY/BLOOD

PAP DIAGNOSTIC  
PAP SMEAR SCREEN  
PAPILLOMAVIRUS HUMAN AMP PROBE  
PAPILLOMAVIRUS/HUMAN  
PARVOVIRUS ANTIBODY, IgG  
PARVOVIRUS ANTIBODY, IgM  
PHENOBARBITONE  
PHOSPHORUS  
PINWORM EXAM  
PLASMA FREE HEMOGLOBULIN  
PLATELET AUTOMATED  
PORPHYRIN  
POTASSIUM  
POTASSIUM/URINE  
PREALBUMIN  
PREGNENOLONE  
PRENATAL PROFILE 1 CLIENT  
PRENATAL PROFILE 10 CLIENT  
PRENATAL PROFILE 3 CLIENT  
PRENATAL PROFILE 4 CLIENT  
PRENATAL PROFILE 5 CLIENT  
PRENATAL PROFILE 6 CLIENT  
PRENATAL PROFILE 7 CLIENT  
PRENATAL PROFILE 8 CLIENT  
PRENATAL PROFILE 9 CLIENT  
PROGESTERONE  
PROLACTIN  
PROTEIN ELECTROPHORESIS

PROTEIN TOTAL  
PROTHROMBIN TIME  
PROSTATE SPECIFIC ANTIGEN DIAGNOSTIC  
PROSTATE SPECIFIC ANTIGEN SCREENING  
PTT (PARTIAL THROMBOPLOASTIN TIME)

RA PROFILE (RHEUMATOID ARTHRITIS PROFILE)  
RA FACTOR (RHEUMATOID ARTHRITIS FACTOR)  
RENAL PANEL  
RESPIRATORY SYNCYTIAL VIRUS  
RETICULOCYTE  
RH (RHESUS)  
ROTAVIRUS SCREEN  
ROUTINE SCREEN  
RUBEOLA ANTIBODIES  
RUSSEL VIPOR VENOM DILUTED

SALICYLATE  
SEDIMENTATION RATE AUTOMATED  
SEX HORMONE BINDING GLOBULIN  
SGOT (SERUM GLUTAMIC OXALOACETIC TRANSAMINASE)  
SGPT (SERUM GLUTAMIC PYRUVIC TRANSAMINASE)  
SODIUM  
SODIUM/URINE  
STD URINE/SWAB CHLAMYDIA AMP DNA PROBE  
STD URINE/SWAB GC AMPLIFIED DNA PROBE  
STOOL CULTURE  
SYPHILIS QUALITATIVE

T3 REVERSE (TRIIODOTIRONINA )  
T4, TOTAL  
TB QUANTIFERON (TUBERCULOSIS)  
TBG BY RIA ( THYROXINE BINDING GLOBULIN)  
TEGRETOL  
TESTOSTERONE, FREE  
TESTOSTERONE, TOTAL  
THEOPHYLLINE  
TOBRAMYCIN-PRE/POST/RANDOM  
TOXOPLASMOSIS IgM, IgG  
TPO (THYROID PEROXIDASE)  
TRANSFERRIN  
TRIGLYCERIDES  
TROPONIN 1  
TSH 3RD GENERATION (THYROID STIMULATING HORMONE)

URIC ACID  
URINALYSIS  
URINALYSIS PROTEIN  
URINE CULTURE  
URINE DRUG SCREENING  
URINE PH

VALPROIC ACID  
VANCOMYCIN PRE/POST/RANDOM  
VARICELLA IgG  
VITAMIN A  
VITAMIN B 12  
VITAMIN C  
VITAMIN D  
VMA (VANILLYLMADELIC ACID)

ZINC PROTOPORPHYRIN  
ZINC WHOLE BLOOD  
24 HOUR CREATININE CLEARANCE  
25 VITAMIN D-3



**HRH'S LIFESTYLE MEDICINE AND COACHING OPPORTUNITIES**

**MEET THE LIFESTYLE MEDICINE TEAM**



**Christine Arvin, RDN**



**Jeff Fellure, MS, CSCS, CAFS**



**Dr. Cindy Myers, DHSc**

**What is health coaching?** A certified health and wellness coach is a trained professional who can act as a wellness partner on your journey to your “best self.” Together, you can find strategies and motivating techniques that work for you – that follow evidence-based recommendations at **no cost to you!** Our team focuses on healthy eating, stress management, sleep hygiene, avoiding risky substances and physical activity. Whether you are in need of weight loss support, assistance in breaking down barriers or better managing your chronic disease, the opportunities are endless for how a coach may help.

**Schedule with a Lifestyle Medicine Team Member today by calling (317) 718-8160 or email [wellness@hendricks.org](mailto:wellness@hendricks.org).**

**Educational Opportunities:** In addition to Wellness Coaching, HRH is excited to offer a series of educational seminars focused on the Six Pillars of Lifestyle Medicine – healthy eating, physical activity, stress management, sleep, healthy relationships and minimizing risky substance use. These seminars are offered in-person and virtual, depending on the session. Check out the schedule by visiting [HENDRICKS.ORG/EVENTS](http://HENDRICKS.ORG/EVENTS). The Lifestyle Medicine Team is also excited to offer a **FREE** text messaging service where you can get updates and reminders of upcoming classes as well as opt-in to specific groups for healthy tips and tricks.

**Just send the following “Text Word” to 833-311-3459 to join the group!**

Text Word	Description	QR Code	Text Word	Description	QR Code
#BeWell	Reminders about upcoming classes		Healthy Habits	Fun activities and challenges	
Getting Motivated	Preparing you for a healthy change		Fuel for Life	Healthy nutrition, receive recipes, myth busting and more	
Healthy Me	Building a healthy lifestyle, self-care tips and more		Fight Burnout	Build resiliency and emotional energy	



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Text Word	Description of Group	QR Code
#BeWell	This group will send you reminders about upcoming wellness classes.	
Getting Motivated	This group will keep you connected when you are ready for a healthy change.	
Healthy Me	This group will help you build a healthy lifestyle, provide self-care tips and more.	
Healthy Habits	This group will have fun activities and challenges for you to improve your health.	
Fuel for Life	This group will provide tips to make healthy nutrition work for you. Receive recipes, myth busting, ways to eat seasonally and more!	
Fight Burnout	This group will help build resiliency and emotional energy to improve your life and the lives of those around you.	