



**TO:** All Employees  
**FROM:** Eric Wenckowski, Director of Human Resources  
**DATE:** July 1, 2013  
**RE:** **WELLNESS PHYSICAL EXAM PROGRAM**

The **WELLNESS PHYSICAL EXAM PROGRAM** is sponsored by the Board of Education and is open year-round to District 211 employees, spouses or domestic partners who are eligible under the physical examination policy. Employees that participate in the program will receive a \$100.00 participation incentive. Providers now include Alexian Brothers Corporate Health Services, Concentra Medical Centers and Northwest Community Hospital Occupational Health Services. Current policy allows examinations for all employees every twelve months.

If you participate in the program, you will receive a high quality physical by a physician from one of the participating organizations with no out-of-pocket payment by you. Your physical will consist of the following:

- Screening Physical Examination
- Blood Metabolic Panel
- Complete Blood Count (or Hematocrit/Hemoglobin)
- Hemocult Stool Sample
- Urinalysis
- Twelve Lead Electrocardiogram (EKG)
- Lipid Profile

**IMPORTANT NOTE:**

ANY ADDITIONAL MEDICAL PROCEDURE OR HEALTH CONCERN, ABOVE AND BEYOND THOSE LISTED ABOVE, WHICH YOU WISH TO ADDRESS WITH YOUR PHYSICIAN MUST BE SCHEDULED FOR A SEPARATE VISIT AND WILL BE YOUR FINANCIAL RESPONSIBILITY, FOR WHICH YOU WILL BE BILLED DIRECTLY THROUGH THE PHYSICIAN'S OFFICE. PLEASE ALSO NOTE THAT ANY TREATMENT RESULTING FROM THE PHYSICAL EXAM IS NOT INCLUDED IN THIS PROGRAM. FINALLY, IF YOU ARE PART OF THE BC/BS PPO HEALTH INSURANCE, NOTE THAT THERE IS NOT A WELLNESS COMPONENT IN THESE PLANS. THIS IS THE PROGRAM YOU SHOULD USE.

If you wish to participate in this program, please do the following:

1. Call Julie Harden, extension 6719, to request a District 211 physical examination form for the WELLNESS PROGRAM. Julie will find the date of your last physical and confirm your eligibility.
2. Select a provider and follow the directions listed for that provider on the pages that follow this one. Addresses as well as a map showing these locations and telephone numbers are listed on the attached page.
3. Have the lab work, EKG, and examination completed when you visit the physician's office.
4. Ask the physician to complete the District 211 examination form.
5. **Return the completed District 211 physical examination form to Julie Harden at the Human Resources office after your physician's appointment. After return of the physical examination form your incentive reimbursement of \$100.00 will be processed.**

If these steps are followed, District 211 will pay the provider directly.

**If you choose to use a physician or medical group other than those listed on the following pages, you will need to pay for those services and District 211 will reimburse your expenses up to a limit of \$200.00.** Spouses may also participate in this program in accordance with school policy or your collective bargaining agreement. The cost may vary depending on which provider you choose. Call Julie Harden (6719) for the exact cost and details.

**Out of Program Doctor Reimbursement (seeing your own doctor):**

1. Call Julie Harden for a "Verification of Wellness" form.
2. Have your doctor complete the form and fax it to the number on the form.
3. Submit a "**paid**" receipt to Julie Harden for reimbursement (up to \$200.00).
4. After return of the physical examination form your incentive reimbursement of \$100.00 will be processed.

Early detection of health problems can save lives and learning that one is healthy brings peace of mind.

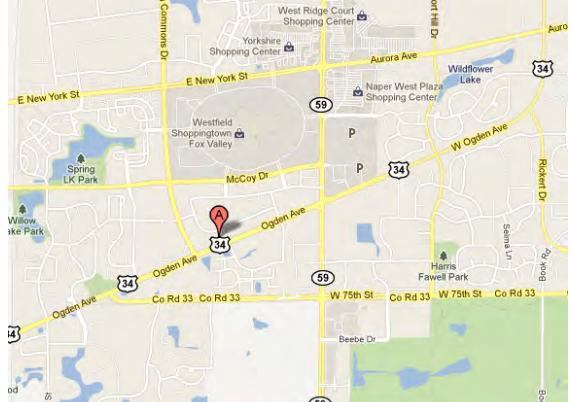
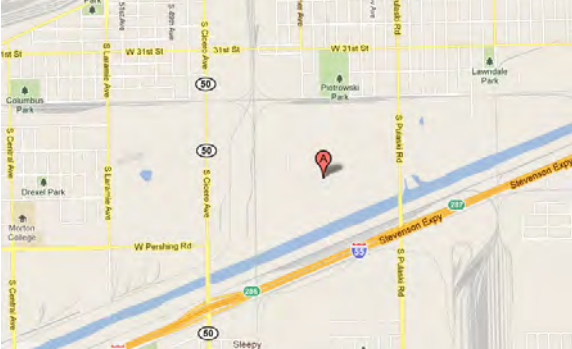

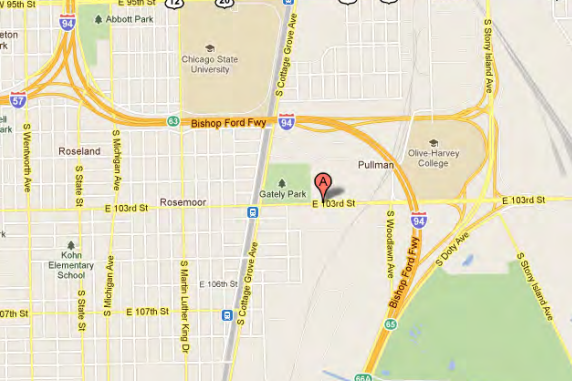
If you have any questions regarding this program, please call me at extension 6618.

**SCROLL DOWN FOR A LIST OF D211 APPROVED CLINICS**

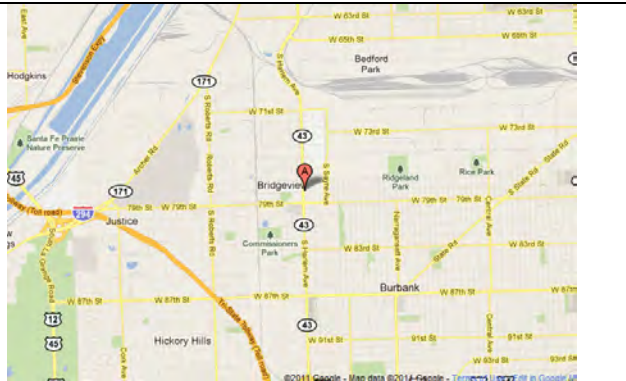
**Concentra Medical Centers**

In order to participate in the Wellness Program through **Concentra Medical Centers**:

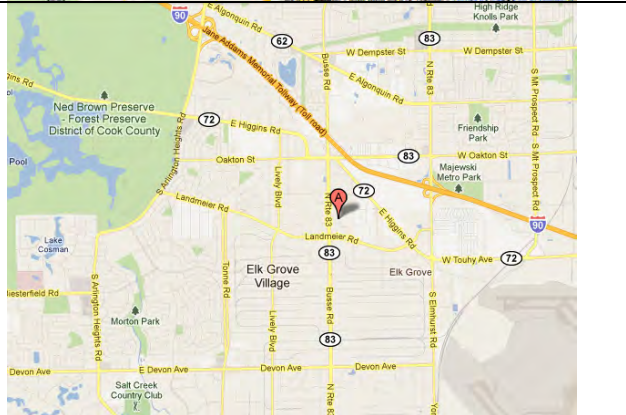
1. Select a location that is convenient to you from the attached map. **They are walk-in clinics only.**
2. Obtain a **District 211 Physical Examination Form** from the Human Resources office. Bring both forms with you to the examination.
3. Return the completed District 211 physical examination form to Julie Harden at the Human Resources office after your physician's appointment. After return of the physical examination form your incentive reimbursement of \$100.00 will be processed.

<p><b>Medical Center</b>            4000 Odgen Avenue            Aurora, IL 60504            Telephone: 630-820-8963</p>	
<p><b>Medical Center</b>            4201 W. 36th Street            Chicago, IL 60632            Telephone: 773-927-7438</p>	
<p><b>Medical Center</b>            211 E. Army Trail            Bloomingdale, IL 60108            Telephone: 630-582-8946</p>	
<p><b>Medical Center</b>            900 E. 103rd Street            Chicago, IL 60628            Telephone: 773-468-2963</p>	

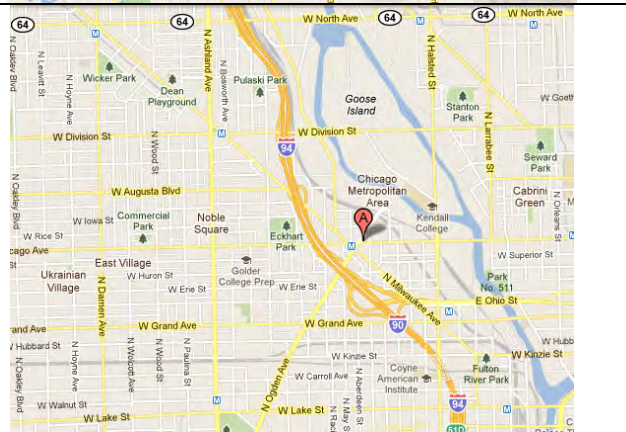
**Medical Center**  
7779 S. Harlem Avenue  
Bridgeview, IL 60455  
Telephone: 708-430-2295



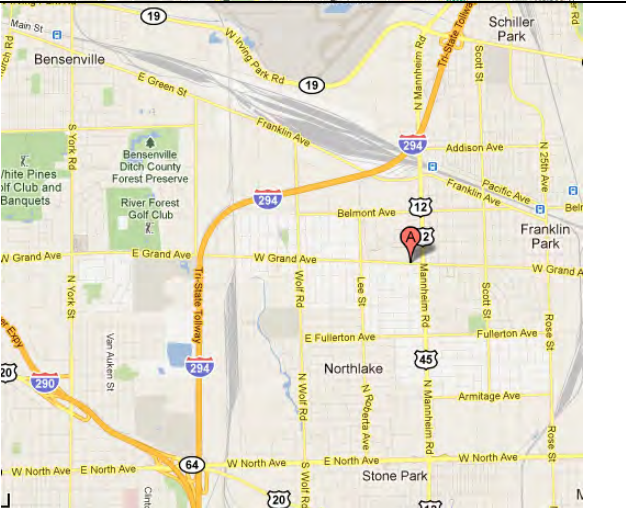
**Medical Center**  
1830 Jarvis Avenue  
Elk Grove Village, IL 60007  
Telephone: 847-952-1180



**Medical Center**  
1030 W. Chicago Avenue  
Chicago, IL 60622  
Telephone: 312-243-1574

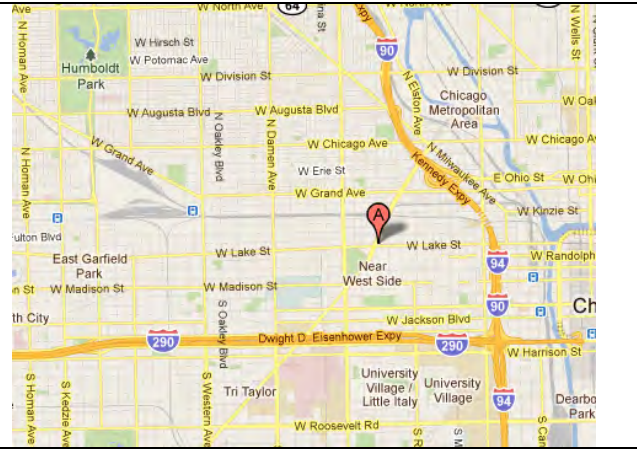


**Medical Center**  
10474 W. Grand Avenue  
Franklin Park, IL 60131  
Telephone: 847-451-7590

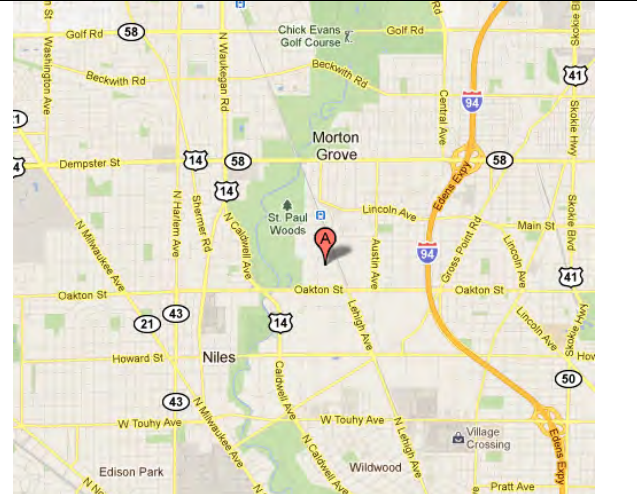




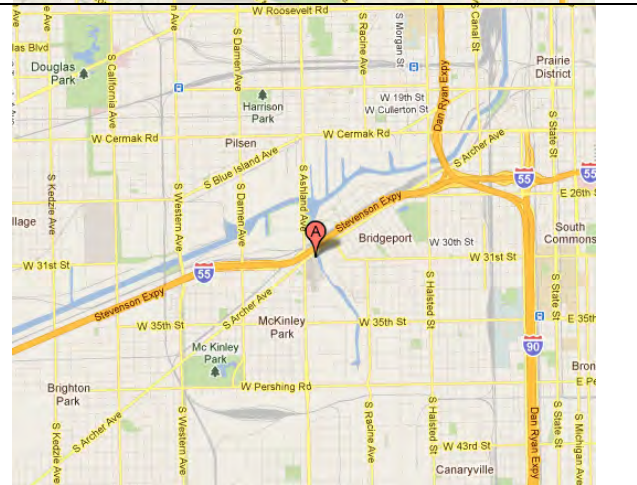
**Medical Center**  
1380 W. Lake Street  
Chicago, IL 60607  
Telephone: 312-666-0028



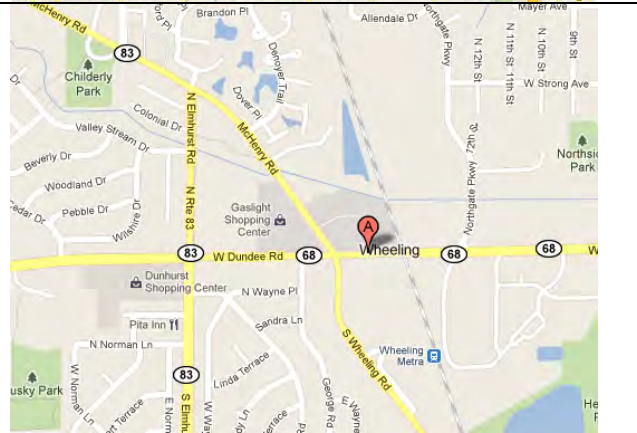
**Medical Center**  
8125 River Drive, #102  
Morton Grove, IL 60053  
Telephone: 847-470-1720



**Medical Center**  
3145 Ashland Avenue, Suite 110  
Chicago, IL 60608  
Telephone: 773-254-5516



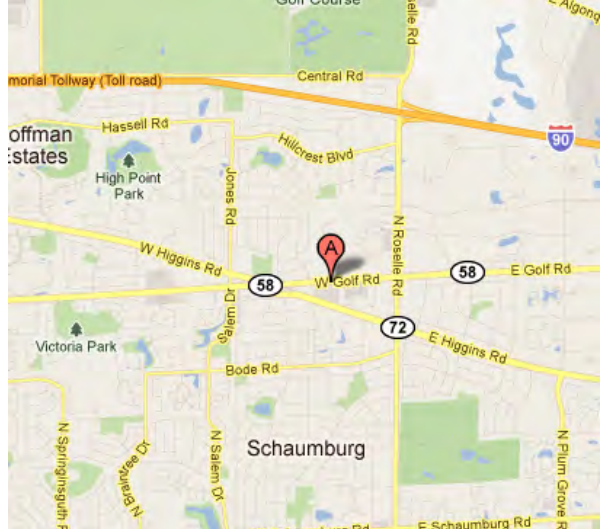
**Medical Center**  
544 W. Dundee Road  
Wheeling, IL 60090  
Telephone: 847-419-6974



### Alexian Brothers Corporate Health Services

In order to participate in the Wellness Program through **Alexian Brothers Corporate Health Services**:

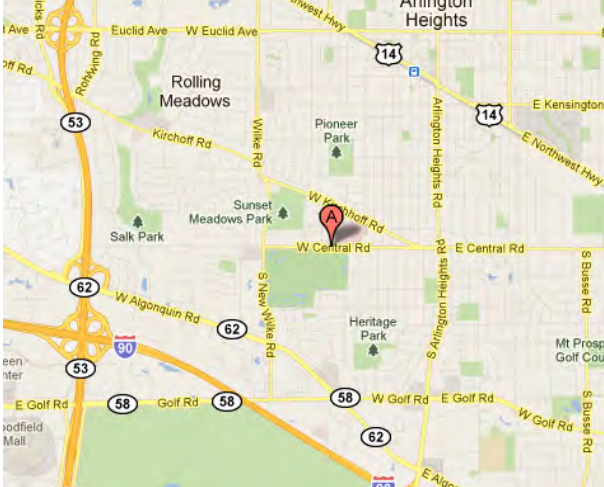
1. Physicals are conducted at Alexian Brothers Corporate Health Services Clinic at 361 W. Golf Road in Schaumburg.
2. Call 847-952-7447 and schedule an appointment. Tell them it is a District 211 Wellness physical. You will receive a confirmation packet with instructions.
3. Obtain a **District 211 Physical Examination Form** from the Human Resources office and bring it with you to the examination.
4. Return the completed District 211 physical examination form to Julie Harden at the Human Resources office after your physician's appointment. After return of the physical examination form your incentive reimbursement of \$100.00 will be processed.

<p><b>Schaumburg Clinic</b> 361 W. Golf Road Schaumburg, IL 60195 Telephone: 847-952-7447</p>	
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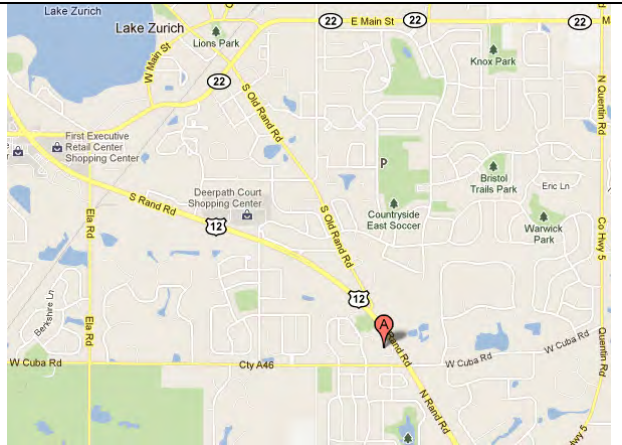
### Northwest Community Occupational Health Services

In order to participate in the Wellness Program through **Northwest Community Occupational Health**:

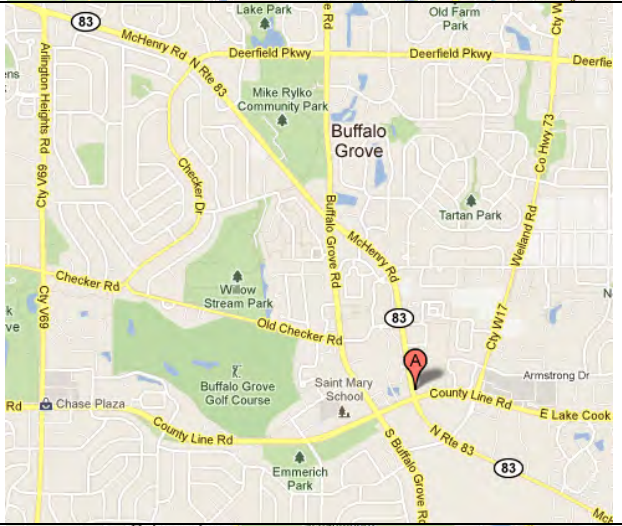
1. Select a location that is convenient to you from the attached map.
2. Call the number listed on the attached page that corresponds with that location and schedule an appointment. Tell them it is a District 211 Wellness physical.
3. Obtain a **District 211 Physical Examination Form** from the Human Resources office and bring it with you to the examination.
4. Return the completed District 211 physical examination form to Julie Harden at the Human Resources office after your physician's appointment. After return of the physical examination form your incentive reimbursement of \$100.00 will be processed.

<p><b>Arlington Heights Occupational Health Center</b> <b>Busse Center for Special Medicine</b> 800 West Central Road Occupational Health, First Floor Pod E (Adjacent to ER) Arlington Heights, IL 60005 (Located on hospital main campus) <b>For Appointments call: 847-618-3140</b> <b>Hours: Monday – Friday 8:00 am 5:00 pm</b></p>	
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**Lake Zurich Emergency Treatment Center**  
 1201 South Rand Rd.  
 Lake Zurich, IL 60047  
**For Appointments call: 847-540-8088 Ext. 4**  
**Hours: Monday – Friday 7:30am 6:00pm**



**Buffalo Grove Emergency Treatment Center**  
 15 South McHenry Rd.  
 Buffalo Grove, IL 60089  
**For Appointments call: 847-459-6100 Ext. 4**  
**Hours: Monday – Friday 7:30am 6:00pm**



**Schaumburg Emergency Treatment Center**  
 519 S Roselle Rd.  
 Schaumburg, IL 60193  
**For Appointments call: 847-985-0600 Ext. 4**  
**Hours: Monday – Friday 7:30am 6:00pm**

