

Hours of Operation:

Monday - Thursday: 7am-6pm

Fridays: 8am-4pm

Saturday/Sunday: Closed

1121 S. Gilbert Road, Suite 101
Mesa, AZ 85204

www.mesahealthandwellness.com
480-644-WELL (9355)

Center Services

PREVENTIVE CARE

Adult Annual Exams

- Blood work
- Vaccinations
- Referrals for other screenings (*mammogram, colonoscopy*)

Well Child Exam

- Newborn screening
- Vaccinations
- Sports Physicals
- Growth and development
- Kindergarten exams

EPISODIC CARE

- Strep throat
- Seasonal allergies
- Ear infections
- Sinus issues
- Headaches
- Kidney and urine problems
- Skin conditions and infections

DISEASE MANAGEMENT

- High blood pressure
- Diabetes
- Asthma
- High cholesterol
- Migraine headaches
- Mood disorders

NON-EMERGENCY PROCEDURES

Examples:

- Sutures/stitches and removal
- Skin lesion and wart removals
- Skin biopsies
- Ingrown toenail removal
- Ear washing

HEALTH & WELLNESS



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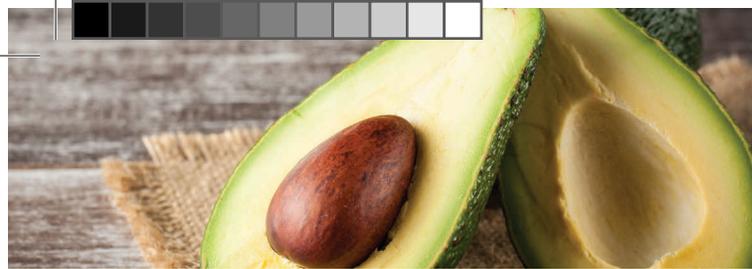


Employee & Family
HEALTH & WELLNESS



Building a culture of health

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What is Wellness?

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

"A conscious, self-directed and evolving process of achieving full potential."

– **The National Wellness Institute**

Wellness is more than being free from illness; it is a dynamic process of change and growth.

City of Mesa Wellness Mission

City of Mesa Wellness Program aims to improve the quality of life of our employees and families by building a culture of health through education, motivation, and engagement of all employees and their families to participate in maintaining a healthy lifestyle.

The City of Mesa Wellness Program has a variety of interactive, educational, and innovative activities addressing the eight dimensions of wellness.



Emotional



Occupational



Intellectual



Environmental



Financial



Physical



Spiritual



Social

Benefits of Participating

- Improve your health and well-being
- Share in the experience with coworkers and family members
- Learn about your health and healthy behaviors
- Make "healthy" the way we do things at the City of Mesa

Activities and Events

- Challenges and Competitions
- Classes and Education Programs
- Fairs and Onsite Screenings
- Fitness Discounts
- Health Assessments & Coaching
- Newsletters, Weekly Recipes, and Tips
- Tobacco Cessation

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (HEALTHY LIVING)

This six-week program was developed at Stanford University and is offered at the City of Mesa to our employees and families via the Arizona Living Well Institute. Individuals who participate in this program come away with skills to help chronic conditions, such as low back pain, asthma, high blood pressure, and more.

DIABETES EDUCATION PROGRAM

This three-class program provides individuals with the skills and knowledge to successfully manage all types of diabetes. This program helps those with pre-diabetes (insulin resistance) prevent the potential progression to type 2 diabetes.

TOBACCO CESSATION PROGRAM

This program can help individuals find a quitting method that suits their needs. This program helps participants become aware of problems that come up while trying to quit and offers tools for successful coping. This program can be offered as one-on-one or group sessions.

For more information about an upcoming session for any of our programs, please contact **MesaWellness@mesaaz.gov** or call **(480) 644-2573**.

Who Can Participate

- All employees of the City of Mesa are welcome to participate in Wellness Program activities, as these are not limited to health plan eligible individuals.
- Some activities are also open to family members. Please read the respective class or program description to determine eligibility.
- All programs and activities are completely voluntary and are a benefit to the City of Mesa employees.

For more information about upcoming events, please contact Health and Wellness at **MesaWellness@mesaaz.gov** or call **(480) 644-2573**.

ADDITIONAL WELLNESS RESOURCES:

- **Mesa Health and Wellness:** www.mesahealthandwellness.com
- **Learning Center on InsideMesa:** Find and register for upcoming classes
- **Employee Assistance Program (EAP):** For more information and resources on emotional, financial and spiritual health, please refer to www.guidanceresources.com or contact **866-519-7415**.

City of Mesa Health & Wellness Center

The City of Mesa Health and Wellness Center is an on-site, independently run healthcare center available for active employees and their families who are currently enrolled in the City of Mesa health plan. The Center is staffed by a third-party vendor, OnSite Care, Inc. The Center offers the same non-emergency services you receive from your current primary healthcare provider at no cost and with more convenient access and time spent with each patient.

