



BeWell



AT WORK

Welcome to Your New Employer Wellness Center

Your Health and Wellness Journey Starts Here

Your employer Wellness Center offers comprehensive services and programs that focus on the health and well-being of you and your dependents. We want our employees to lead balanced lives and commit to developing lifelong habits of wellness.

The Wellness Center model was designed not just to help you meet your health goals, but also to help you save on out-of-pocket medical expenses.

Your Guide to Making the Most of Your Wellness Center Offerings

All services provided at the Wellness Center are at no charge to our employees. Here are the services available to our health plan participants:

- Health visits – annual physicals/well checks, sick visits, and wellness coaching appointments
- Chronic disease management – support from clinical staff to better manage conditions such as diabetes, high cholesterol, asthma and others
- Health risk assessments – a tool that helps identify targeted concerns and preventive health goals
- Referrals and care navigation – coordination of specialty referrals and follow-up care
- Pharmacy services – some medications available on-site and an extended formulary available through mail-order
- Lab draws – conveniently available on-site with rapid results turnaround

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 navigator can create an appointment time for you or your loved ones before Wellness Center services officially begin August 1, 2018. In addition, on-line scheduling will begin in mid-September 2018, along with the launch of a new, interactive patient portal.

Choose from two convenient locations:

- Brownsburg Schools Wellness Center
3720 Hornaday Road
Monday: 7 a.m.–6 p.m. (closed 12–1 p.m.)
Wednesday: 7 a.m.–6 p.m. (closed 12–1 p.m.)
Friday: 1–5 p.m.
- Plainfield Wellness Center
1100 Southfield Drive, Ste. 1312
Tuesday: 7 a.m.–6 p.m. (closed 12–1 p.m.)
Thursday: 7 a.m.–6 p.m. (closed 12–1 p.m.)
Friday: 8 a.m.–noon

Be sure to bring a list of your medications, including strengths and dosages, to your first appointment. Or, bring a bag containing all of your prescriptions with you. (Medications should be in the original dispensing container.) The Wellness Center team will help ensure you are making the most out of the prescription formulary benefit available to you.

Call (317) 838-WELL (9355) to schedule an appointment with your new employer Wellness Center today.



BeWell



Hendricks
Regional Health

AT WORK

Announcing a New Medication Home Delivery Service

Your employer Wellness Center in partnership with Hendricks Regional Health offers a convenient home delivery service for your prescription medications. Through a collaboration with Crosswind Pharmacy, medications are delivered quickly, conveniently and securely right to your door.



How to Make the Most of Your Pharmacy Benefit Through Your Health Plan

Your Wellness Center offers a rich formulary of medications available at no co-pay. To take advantage of this cost-savings opportunity, your first step is to schedule a Wellness Center appointment. This visit will enable you 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.

Be sure to bring a list of your medications, including strengths and dosages, to your first appointment. Or, bring a bag containing all of your prescriptions with you – don't forget over-the-counter medicines. The Wellness Center team will help you ensure you are making the most of the prescription formulary benefit available to you.

Call (317) 838-WELL to schedule a Wellness Center appointment.

Get Started

Your Wellness Center team will help get you set up for this convenient delivery service.

Some prescriptions may include automatic refills every 90 days, and others may require you to request a refill (depending on if regular labs are needed). Shipping takes about 3-5 days through USPS First Class.

You will receive communication via email, text or phone when your prescription has been shipped.

If your medication includes temperature-sensitive drug products, your package will arrive in a Styrofoam cooler with cold packs.

Download the App

For added convenience, download the Crosswind Pharmacy app on your mobile device. You can easily track your refills and receive reminders and other alerts.

For Support

Talk to your Wellness Center team for questions about your medication and how you can maximize the formulary available to you through your health plan prescription benefit.

For questions about your automatic refill delivery service, contact:

(317) 288-9762
9 a.m. to 5 p.m. EST
Monday – Friday



All Appointments Scheduled via (317) 838-WELL

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am	Brownsburg 7am - 6pm (Closed 12pm-1pm)	Plainfield 7am - 6pm (Closed 12pm-1pm)	Brownsburg 7am - 6pm (Closed 12pm-1pm)	Plainfield 7am - 6pm (Closed 12pm-1pm)	
7:20am					
7:40am					
8:00am					Plainfield 8am - 12 pm
8:20am					
8:40am					
9:00am					
9:20am					
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12:40pm					Brownsburg 1pm - 5 pm
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5:40pm					
6:00pm					



Dirk Harris, RPh
Director of Pharmacy Services

info@crosswindpharmacy.com

phone 317-288-9762
toll-free 888-334-0052
fax 317-288-0419

Monday–Friday,
9am–5pm EST

**Thank you for choosing
Crosswind Pharmacy! As a benefit
from your employer, Crosswind
Pharmacy provides a value-
added service at no cost to you.**

Our pharmacy staff are available during regular business hours to answer any questions or concerns you have regarding your medication(s). Please don't hesitate to get in touch.

**See reverse side
to learn how to set
up the Crosswind
Pharmacy app!**

Things to know

- Included is a Patient Education Summary and/or Medguide, providing you information on how to properly use your prescription.
- **If you have any drug allergies that we need to be aware of, please call us immediately!**
- You will receive communication via email/text/phone when your prescription has been shipped.
- If you are out of refills, please see a health provider before your prescription expires.
- If your prescription includes temperature-sensitive drug products, your package will arrive in a Styrofoam cooler with cold packs. These packs are safe to dispose in your own waste receptacle.
- For Regular Service, the primary shipping method will be USPS First Class with tracking, with 3-5 day mailing times.
- If you have a change of address or phone number, please notify your clinic and/or Crosswind Pharmacy immediately.

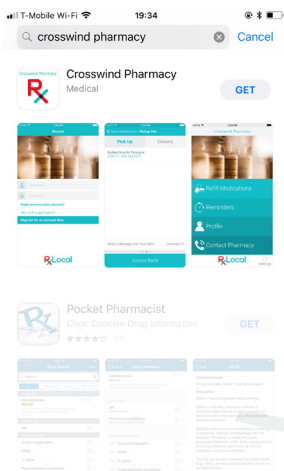
We are required by law to maintain the privacy and security of your Protected Health Information (PHI). We will let you know promptly if a breach occurs that may have compromised the privacy and security of your information. We will not share your PHI or other information with any outside entities other than described here, unless you tell us in writing to do so.



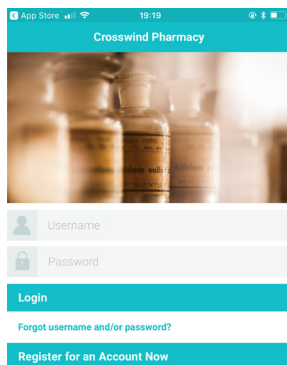
CROSSWIND
pharmacy

For optimal
service and
convenience,
download our
free Crosswind
Pharmacy app
for refills and
reminders!

1 Find the Crosswind Pharmacy app in the App Store or Google play.



2 Tap "Register for an Account Now"



RxLocal

3 Fill in your last name, Rx number, and date of birth. All fields much match our database.

4 Choose a username and fill in your email address.

5 Set a PIN that you'll remember, and you're ready to go!

Mill Creek Community School Corporation Wellness Center Mail Order Formulary

Antibiotic (Antimicrobial) Medications	
Amoxicillin & Clavulanate (Augmentin)	875mg
Amoxicillin (Moxatag)	500mg
Sulfamethoxazole and Trimethoprim (Bactrim DS)	800/160mg
Clarithromycin (Biaxin)	500mg
Cefdinir (Omnicef)	300mg
Ciprofloxacin (Cipro)	250mg
Doxycycline (Vibramycin)	100mg
Cephalexin (Keflex)	500mg
Levofloxacin (Levaquin)	500mg
Nitrofurantoin (Macrobid)	100mg
Zithromax (Azithromycin)	250mg
Antidepressant Medications	
Bupropion HCL (Wellbutrin)	100mg
Citalopram Hydrobromide (Celexa)	20mg, 40mg
Desvenlafaxine Succinate ER (Pristiq)	25mg, 50mg
Venlafaxine (Effexor XR)	75mg, 150mg
Escitalopram (Lexapro)	10mg, 20mg
Paroxetine (Paxil)	20mg
Fluoxetine (Prozac)	10mg, 20mg
Trazodone HCL (Desyrel)	50mg, 100mg
Sertraline (Zoloft)	50mg, 100mg
Blood Pressure Medications	
Valsartan (Diovan)	80mg, 160mg
Valsartan+HCTZ (Diovan HCT)	80/12.5, 160/12.5mg
Hydrochlorothiazide (HydroDIURIL)	25mg, 50mg
Inderal LA (Propranolol)	80mg
Potassium Chloride (K-Kur)	20meq
Furosemide (Lasix)	20mg, 40mg, 80mg
Metoprolol Tartrate (Lopressor)	25mg, 50mg
Losartan Potassium (Cozaar)	25mg, 50mg, 100mg
Triamterene/HCTZ (Maxzide)	75/50mg
Triamterene/HCTZ (Maxzide-25)	37.5/25mg
Amlodipine (Norvasc)	5mg, 10mg
Lisinopril (Prinivil)	10mg, 20mg, 40mg
Lisinopril-Hydrochlorothiazide (Prinizide)	20/12.5mg
Spironolactone (Aldactone)	25mg
Tenormin (Atenolol)	25mg
Metoprolol Succinate (Toprol XL)	25mg, 50mg, 100mg
Diabetes Medications	
Amaryl (Glimepiride)	4mg
Pioglitazone (Actos)	15mg, 30mg
Glipizide (Glucotrol XL)	10mg
Metformin (Glucophage)	500mg, 1000mg
Metformin ER (Glucophage XR)	500mg, 750mg
Acid Reduction Medications	
Omeprazole (Prilosec)	20mg, 40mg
Pantoprazole (Protonix)	40mg
Ranitidine (Zantac)	150mg, 300mg

Cholesterol Reduction Medications	
Atorvastatin (Lipitor)	10mg, 20mg, 40mg
Fenofibrate (Lofibra)	160mg
Rosuvastatin Calcium (Crestor)	5mg, 10mg, 20mg, 40mg
Pravastatin (Pravachol)	20mg, 40mg, 80mg
Ezetimibe (Zetia)	10mg
Simvastatin (Zocor)	10mg, 20mg, 40mg
Allergy & Asthma Medications	
Loratidine (Claritin)	10mg
Fluticasone (Flonase)	50mcg
Albuterol (Proventil HFA/Ventolin HFA)	90mcg
Singulair (Montelukast)	5mg, 10mg
Eye & Ear Medications	
Hydrocortisone/Neomycin/Polymyxin B Otic Ear Susp (Cortisporin)	
Polymyxin B Sulfate (Polytrim)	
Thyroid Medications	
Levothyroxine (Synthroid)	All Strengths
Miscellaneous Medications	
Ibuprofen (Advil)	600mg
Fluconazole (Diflucan)	150mg
Prasugrel (Effient)	10mg
Cyclobenzaprine (Flexeril)	10mg
Sumatriptan (Imitrex)	25mg, 50mg
Methylprednisolone (Medrol Dose Pack)	4mg
Meloxicam (Mobic)	7.5, 15mg
Naproxen Sodium (Naprosyn)	500mg
Neurontin (Gabapentin)	100mg, 300mg
Prednisone	20mg
Phenazopyridine (Pyridium)	200mg
Trimcinolone Cream 0.5%	30g
Valacyclovir HCL (Valtrex)	500mg
Bupropion Sustained Release (Wellbutrin SR)	150mg
Hydrocortisone Valerate (Westcort)	15g, 45g
Ondansetron (Zofran)	4mg
Family Planning Medications	
Classic Prenatal (Folic Acid) 28-08	
Ocella, Tri-sprintec (Birth Control Pills)	Various

Mill Creek Community School Corporation Wellness Center Formulary

Wellness Center In-Stock Medications

Antibiotic Medications	
Amoxicillin (Moxatag)	500mg
Amoxicillin & Clavulanate (Augmentin)	875mg
Azithromycin (Zithromax)	250mg
Cephalexin (Keflex)	500mg
Ciprofloxacin (Cipro)	250mg
Clarithromycin (Biaxin)	500mg
Doxycycline (Vibramycin)	100mg
Levofloxacin (Levaquin)	500mg
Nitrofurantoin (Macrobid)	100mg
Cefdinir (Omnicef)	300mg
Sulfamethoxazole & Trimethoprim (Bactrim DS)	800/160mg
Acid Reduction Medications	
Pantoprazole (Protonix)	40mg
Allergy & Asthma Medications	
Fluticasone (Flonase)	50mcg
Eye & Ear Medications	
Hydrocortisone/Neomycin/Polymyxin B Otic Ear Susp (Cortisporin)	
Polymyxin B Eye Drops (Polytrim)	
Miscellaneous Medications	
Flexeril (Cyclobenzaprine)	10mg
Fluconazole (Diflucan)	150mg
Hydrocortisone Valerate (Westcort)	15g
Methylprednisolone (Medrol Dose Pak)	4mg
Naproxen Sodium (Naprosyn)	500mg
Prednisone	20mg
Sumatriptan (Imitrex)	25mg, 50mg
Triaminolone 0.5%	30g
Ondansetron (Zofran)	4mg

All of the above prescriptions can be dispensed same day at a Wellness Center office visit.