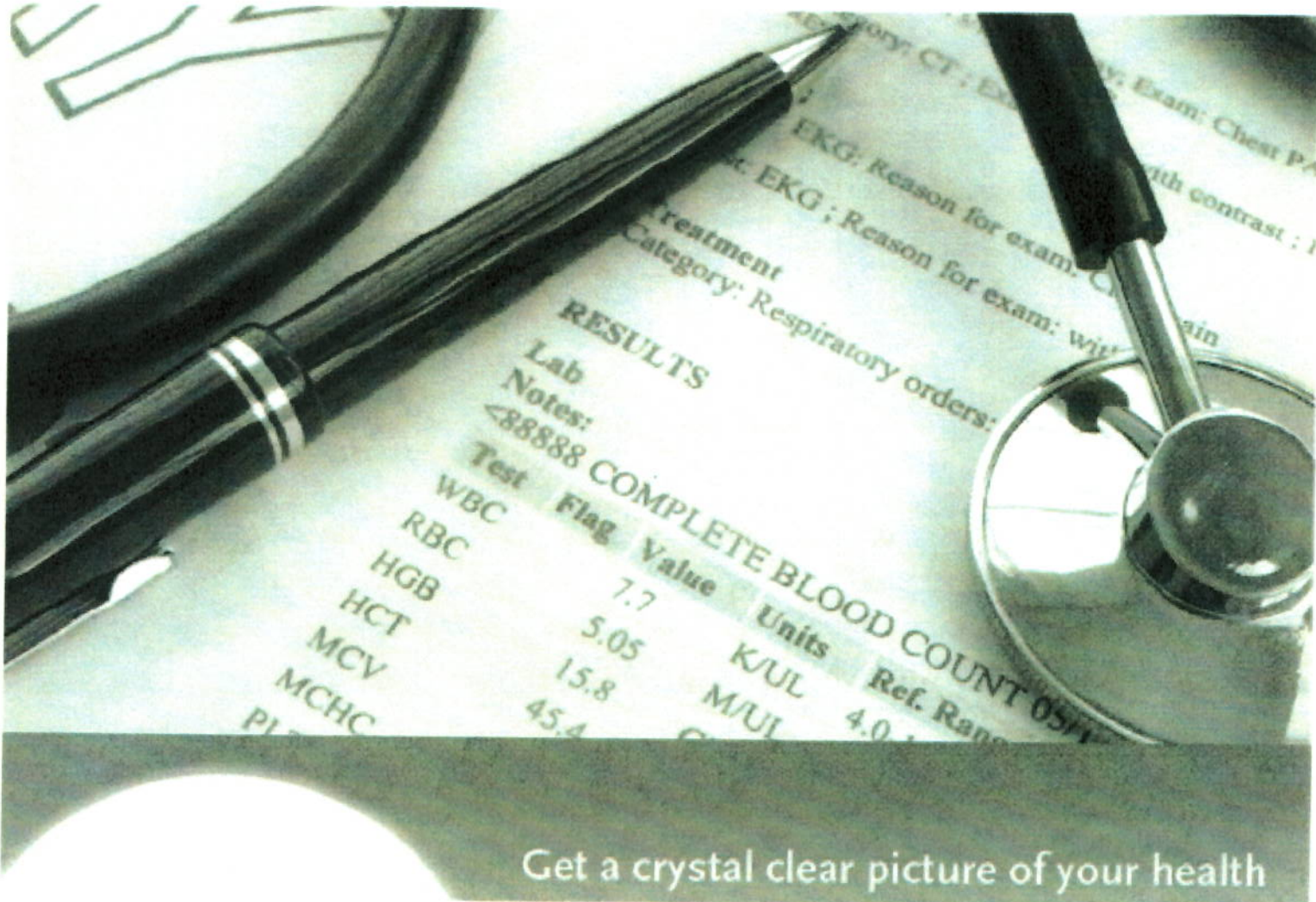


# Experience life in HD



- Eligible members and spouses from the Wisconsin Electrical Employees Benefit Funds are encouraged to participate in the Health Dynamics Program.
- The Program is paid for at 100% under the employees annual routine care benefit, no co-pays or deductibles.
- 17 Medical Components are offered including a medical exam, fitness evaluation (bike/treadmill), mammogram, complete blood test, one-hour wellness coaching session, etc.
- Testing takes 2-3 hours.
- All information is kept strictly confidential

To schedule an appointment, please call one of the provider locations on the backside of the handout.

All providers offer the same Program.

#### Questions?

Please call Kim Frakes at  
Health Dynamics: (414) 443-0200 Ext. 2

**HEALTHDYNAMICS**  
The Future of HealthCare

## **Comprehensive testing & guidance. No out-of-pocket expense.**

The key to optimal health is prevention and your best health starts by knowing where you stand. At Health Dynamics, we make it easy. Because prevention-focused care is our solitary focus, we've been able to develop a truly comprehensive exam. In fact, since we started doing this in 1984, many people have told us that ours is the most thorough, detailed health exam they've had in their lifetime. Here's why:

### The Preventive Care Exam:

- Comprehensive health history questionnaire
- 43-point blood chemistry analysis
- Blood pressure measurement
- Cardiovascular fitness test
- Prostate cancer screening (men)
- Mammogram (women)
- Measurement of height, weight, & body-fat percentage
- Pulmonary function (lung capacity) testing
- Physician-directed physical exam
- 16-point urine analysis
- Electrocardiogram (EKG)
- Pap smear & screening (if requested)
- Colorectal cancer screening
- Strength & flexibility assessment
- Analysis of diet
- Stress inventory

Our comprehensive testing is then followed by an equally important counseling session to give you the information, skills and confidence to get healthy and stay that way. In our one-on-one Personal Wellness Consultation, our expert Health Educators review the results of your exam and explain the findings. They also make recommendations and suggestions specific to you and your unique health status. You'll get the individually tailored information you need, and we'll answer your questions completely and in terms that make sense and help you.

**HEALTH DYNAMICS**  
**CURRENT PROVIDER LOCATIONS FOR SCHEDULING APPOINTMENTS**

**CALIFORNIA**

**Comprehensive Medical, Inc**  
3600 Power Inn Road, Suite G  
Sacramento, CA 95826  
(916) 454-1423

**Emeryville Occupational Medical Clinic**  
6001 Shellmound Street  
Suite 115  
Emeryville, CA 94608  
(510) 653-5200 Ext 0109

**Enloe Client Services**  
888 Lakeside Village Commons  
Chico, CA 95928  
(530) 332-6853

**Garrett Eckerling, MD**  
402 South Auburn St  
Grass Valley, CA 95945  
(530) 802-6621

**Garrett Eckerling, MD**  
Integrated Physical Therapy  
1465 Tharp Rd  
Yuba City, CA 95991  
(530) 802-6621

**Lodi-Health West Occupational Medicine**  
2415 W. Vine Street, Suite 105  
Lodi, CA 95242  
(209) 339-7441

**Redding Industrial & Occupational Health**  
1710 Churn Creed Road  
Redding, CA 96002  
(530) 646-4242

**Santa Cruz Occupational Medical Center**  
3601 Caldwell Dr  
Soquel, CA 95073  
(831) 576-3000

**SFO Medical Clinic**  
San Fran International Airport  
Level 3  
San Francisco, CA 94218  
(650) 821-5601

**Washington Urgent Care**  
2500 Mowry Avenue  
Suite 212  
Fremont, CA 94538  
(510) 608-6174

**ILLINOIS**

**Advocate @ Work**  
200 W. Golf Road  
Libertyville, IL 60048  
(773) 295-3152

**Amita Health (Alexian Brothers Medical Group)**  
361 W. Golf Road  
Schaumburg, IL 60195  
(847) 952-7478  
(limited Saturday Appts)

**Associated Physicians Group - Alton**  
4414 West Center Drive  
Alton, IL 62002  
(888) 363-8333 Option 1

**Associated Physicians Group- Swansea**  
12 Wolf Creek Drive  
Swansea, IL 62222  
(888) 363-8333 Option 1

**Associated Physicians Group- Edwardsville**  
1181 S. State Route 157  
Edwardsville, IL 62025  
(888) 363-8333 Option 1

**Associated Physicians Group - O'Fallon**  
916 Talon Drive  
O'Fallon, IL 62269  
(888) 363-8333 Option 1



**Edward Hospital**  
801 South Washington Street  
Naperville, IL 60540  
(630) 527-7299

**Edward Plainfield Outpatient Center**  
24600 W. 127<sup>th</sup> St.  
Plainfield, IL 60585  
(630) 527-7299

**Garcia Rosenberg & Associates**  
7126 N. Lincoln Avenue  
Lincolnwood, IL 60712  
(847) 583-9189

**Gateway Occupational Health Services**  
2044 Madison Avenue, Suite G6  
Granite City, IL 62040  
(618) 798-3975

**Ingalls Family Care Center**  
19550 Governors Highway  
Flossmoor, IL 60422  
(708) 915-7565

**Ingalls Family Care Center**  
6701 W. 159<sup>th</sup> Street  
Tinley Park, IL 60477  
(708) 915-7565  
(limited Saturday Appts)

**Ingalls Family Care Center**  
4742 West Cal Sag Road,  
Crestwood, IL 60445  
(708) 915-7565

**Kirby Medical Group**  
1000 Medical Center Drive  
Monticello, IL 61856  
(217) 762-6241

**Norwegian American Hospital**  
1044 N. Francisco Avenue  
Chicago, IL 60622  
(773) 292-8383

**RiverPlex Recreation and Wellness Center**  
600 NE Water Street  
Peoria, IL 61603  
(309) 624-8525

**Sarah Bush Lincoln Health System**  
Occupational Medicine  
1005 Health Center Drive  
Suite 104  
Mattoon, IL 61938  
(217) 258-2357

**University of Illinois at Chicago**  
835 South Wolcott Avenue, E144  
Chicago, IL 60612  
(312) 996-6505

**US HealthWorks**  
4200 North Mannheim  
Schiller Park, IL 60176  
(847) 801-5170  
(limited Saturday Appts)

**US HealthWorks**  
2615 W. Harrison  
Bellwood, IL 60104  
(708) 493-0299

**WorkCare Center – Midway**  
7456 South State Road  
Bedford Park, IL 60638  
(773) 382-0380  
(limited Saturday Appts)

## INDIANA

**WorkingWell**  
3325 Willowcreek Rd  
Portage, IN 46368  
(219) 764-8439

**WorkingWell**  
7905 Calumet Avenue  
Munster, IN 46321  
(219) 836-4690

**WorkingWell**  
2590 W. Morthland Dr, Suite 1  
Valparaiso, IN 46385  
(219) 464-7073

## IOWA

### **Medix Occupational Health Services**

1824 SW White Birch Circle  
Ankeny, IA 50023  
(515) 964-9003

### **Northeast Iowa Family Practice**

Medical Arts Center  
2055 Kimball Avenue, Suite 101  
Waterloo, IA 50702  
(319) 272-2112 Opt 1

## MINNESOTA

### **Altru Health System**

4401 S. 11st Street  
Grand Forks, MN 58201  
(701) 732-7620

### **Blaine Medical Center**

11855 Ulysses St. NE  
Blaine, MN 55435  
(763) 785-4354

### **Essentia Brainerd Medical Center**

2024 South Sixth Street  
Brainerd, MN 56401  
(218) 828-7166

### **Essentia Health – Occupational Medicine**

400 3<sup>rd</sup> Street  
Duluth, MN 55805  
(218) 786-3392

### **Essentia Health - Dear River**

115 10<sup>th</sup> Ave NE  
Deer River, MN 56636  
(218) 246-8275

### **FirstLight Health**

301 South Highway 65  
Mora, MN 55051  
(320) 225-3356

### **Health Partners**

2251 Connecticut Ave S  
Sartell, MN 56303  
(320) 203-2400

### **Health Strategies**

12805 Highway 55, Suite 125  
Plymouth, MN 55441  
(651) 429-9891  
(limited Saturday Appts)

### **Health Strategies**

14031 Burnhaven Dr, Suite 110  
Burnsville, MN 55337  
(651) 429-9891  
(limited Saturday Appts)

### **Health Strategies**

2734 County Road D East  
White Bear Lake, MN 55110  
(651) 429-9891  
(limited Saturday Appts)

### **Open Door Health Care**

309 Holly Lane  
Mankato, MN 56001  
(507) 388-2120

### **Raiter Clinic**

417 Skylline Blvd  
Cloquet, MN 55720  
(218) 655-1583

### **Rochester Clinic**

3070 Wellner Dr. NE  
Rochester, MN 55906  
(507) 218-3095

### **Sanford Health Occupational Medicine Clinic**

1705 Anne St NW  
Bemidji, MN 56601  
(218) 333-4735

### **St. Gabriel's Hospital**

815 Second Street SE  
Little Falls, MN 56345  
(320) 631-5125

### **Winona Neighborhood Family Clinic**

619 Huff St  
Winona, MN 55987  
(608) 781-9880

## NEBRASKA

### **Tri-State Physicians & PT Clinic**

3900 Dakota Avenue  
Suite #6  
South Sioux city, NE 68776  
(402) 494-5173

## NORTH DAKOTA

### **Achieve Therapy & Fitness**

1425 S. Columbia Road  
Grand Forks, ND 58201  
(701) 746-8374  
(866) 320-3562

### **Essentia Health - West Fargo Clinic**

1401 13th Ave E.  
West Fargo, ND 58078  
(701) 364-5757

### **Sanford Occupational Medicine**

2603 E. Broadway Ave  
Bismarck, ND 58504  
(701) 323-5222

### **Sanford Occupational Medicine**

801 21<sup>st</sup> Ave SE  
Minot, ND 58701  
(701) 839-5902

### **Sanford Occupational Medicine**

1531 W. Villard  
Dickinson, ND 58601  
(701) 225-7575

## SOUTH DAKOTA

### **Sanford Clinic – Occupational Medicine**

900 E. 54 St. N  
Suite 200  
Sioux Falls, SD 57104  
(605) 328-9300

## WISCONSIN

### **Health Dynamics (Main Office)**

377 W. River Woods Parkway, Suite 225  
Glendale, WI 53212  
(414) 443-0200

### **Affinity Occupational Health**

1186 Appleton Rd  
Menasha, WI 54952  
(920) 727-8703

### **Affinity Occupational Health**

Lower Level  
1855 S. Koeller  
Oshkosh, WI 54902  
(920) 223-7075 Option 3

### **Ascension Medical Group**

190 Westwood Center Blvd  
Wausau, WI 54401  
(715) 355-9401

### **Bellin Health**

1630 Commanche Ave.  
Green Bay, WI 54313  
(920) 430-4591

### **Dean East Clinic**

1821 S. Stoughton Road  
Madison, WI 53716  
(608) 260-6005

### **Dean Medical Center**

1313 Fish Hatchery Road  
Madison, WI 53715  
(608) 252-8003

### **Dean Clinic – Janesville East**

3200 East Racine Street  
Janesville, WI 53546-2343  
(608) 371-8450

### **Eau Claire Medical Clinic**

3802 Oakwood Mall Dr  
Eau Claire, WI 54701  
(715) 839-9280

### **Ministry Medical Group**

240 Maple Street  
Woodruff, WI 54568  
(715) 356-8920

**Ministry Medical Group Occ Medicine**

5412 Hwy 10 E, Suite D  
Stevens Point, WI 54481  
(715) 346-5243 Option 1

**Neighborhood Family Clinics  
in Breidenback Wellness Center**

1526 Rose Street  
La Crosse, WI 54603  
(608) 781-9880

**Prevea WorkMed**

3021 Voyager Drive  
Green Bay, WI 54311  
(920) 405-1420

**Prevea Health (St. Nicholas Hospital)**

3100 Superior Street  
Sheboygan, WI 53081  
(920) 459-5176

**ProHealth Works**

20611 S Watertown Rd, Suite J  
Waukesha, WI 53188  
(414) 443-0200

**United Occupational Medicine**

9555 76<sup>th</sup> Street  
Pleasant Prairie, WI 53158  
(262) 577-8150

(April 2017)