



# QuadMed Health & Wellness Center Services Overview

## Primary care for you and your family

The QuadMed Health & Wellness Centers provide you and your family with access to high-quality healthcare, at two convenient locations.

### High-quality care

- Primary Care
- Preventative Care
- Wellness Coaching
- Sick/Acute Care
- Routine Lab Services
- Physical Therapy **Via TxTeam**

### Services provided at no charge

#### Primary Care/Family Medicine:

- Physicals (i.e. annual, sports, and other physical exams)
- Select generic medications
- Personalized health and wellness coaching
- Basic lab work
- Specialty referral

#### Wellness Coaching:

- Online wellness portal
- Nutrition services
- High blood pressure
- Diabetes management
- Living with asthma
- Weight loss

#### Lab Services Onsite:

- Urinalysis
- Strep screen
- Pregnancy testing
- Mono
- Glucose
- Cholesterol

#### Sick/Acute Care:

- Flu/colds/coughs
- Strep/sore throat
- Abdominal pain/upset stomach
- Bladder/urinary tract infections
- Bronchitis
- Sinus infections
- Fever
- Headaches
- Ear/eye infections
- Minor burns
- Cuts and contusions
- Rashes
- Muscle strains/sprains

#### Physical Therapy:

- Patient education
- Instructions to reduce/eliminate symptoms
- Restoration of normal posture and body mechanics
- Exercise recommendations for flexibility and strength



HEALTH & WELLNESS CENTER

*Use of the QuadMed Health and Wellness Center is voluntary and completely confidential.*

**Manage your family's healthcare with MyQuadMed – Your secure, online health connection.**

Visit <https://secure.myquadmedical.com> to:

- Schedule appointments for yourself or your eligible family members
- View your health records

**Need to see a doctor after hours?**

Visit [www.teladoc.com](http://www.teladoc.com) to:

- Set up your account
- Request a visit with a doctor by web, phone or mobile app

**QuadMed Lancaster**

1042 New Holland Avenue  
Lancaster, PA 17601

**QuadMed Lebanon**

1126 Walnut Street, Suite B  
Lebanon, PA 17042

**For more information or to schedule an appointment:**

**Call 888.417.1001 or visit <https://secure.myquadmedical.com>.**

To schedule Physical Therapy appointments, please contact the TX Team directly at 717-917-0112 or [lancaster@txteam.com](mailto:lancaster@txteam.com)

\*Available for IU13 employees and their dependents (ages 2 and up) who are currently participating in the IU13 medical plan, as well as eligible part-time support staff.