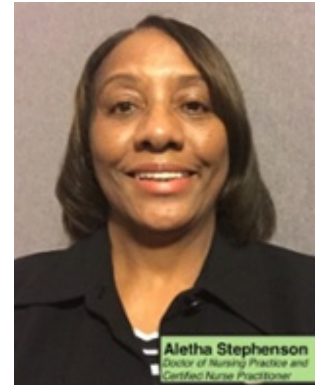




Welcome to the Health and Wellness Center, Aletha!

The QuadMed team welcomes nurse practitioner Aletha Stephenson to the care team at the Health & Wellness Center. Aletha is a Doctor of Nursing Practice and Certified Nurse Practitioner. She has more than 25 years of experience caring for patients.

Aletha has a strong passion for women's health and believes that preventive medicine should come before curative medicine. Her goal is to work with patients collaboratively to help them obtain the best quality of life. She incorporates health and wellness into her daily life by preparing and eating healthy foods, walking, visiting national parks, and practicing yoga.



Can a nurse practitioner be my primary care provider?

Yes! This means she can give you a checkup, treat you when you're sick, and be counted on to know your health history and any medications you may be taking. Here's what else Aletha can do for you:

- Order and read tests
- Make treatment plans
- Write prescriptions
- Arrange referrals, and much more!

Aletha is now seeing patients at the Lancaster location. To schedule an appointment, visit secure.myquadmedical.com or call 888.417.1001.

**The Health & Wellness Center, Physical Therapy, and Teladoc services are available for IU13 employees and their dependents (ages 2 and up) who are currently participating in an IU13 medical plan.*
