



Healthcare that gives more

Indiana Cement Masons and Plasterers Welfare Fund now offers Everside Health as part of your benefits package. It's an easier, more convenient healthcare option for everything from screenings and prevention to chronic disease management and urgent care.

As an Everside Health member, you can:

- Schedule same-day and next-day appointments. Make us your first call before going to the emergency department or urgent care.
- Meet with your provider where it's easiest for you: at a clinic near you, or virtually with our mobile app.
- Reach your care team 24/7 for urgent needs.
- Spend as much time as you need with a provider who will get to know you.
- Get care for nearly every health issue. (And if you need a referral, your care team will handle it for you.)
- Receive full-scope family medicine including school/sports physicals and sick visits.

Schedule your welcome visit

Get to know your provider (in person, by phone, or online) and go over your health history so you can get the right care when you need it most.

*Members and covered spouses / partners can earn **\$100** each for getting an annual physical at an Everside Health center.*



Get the app and schedule an appointment today at any of our convenient locations.

Call 866-808-6005 or visit members.eversidehealth.com

Learn more at eversidehealth.com/OPCMIA

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Our services

In-person and virtual care (for adults and children)

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be offered in Everside Health Centers (not a complete list). Our onsite providers make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

Primary and preventive care		Labs
<ul style="list-style-type: none"> Acute illness visits & treatment* Basic vision screening (color & near vision) Biometric screening Blood pressure and vitals screening Chronic condition management* Comprehensive personal evaluation including routine checkups* Coordination with other providers (e.g., specialists, hospitals)* 	<ul style="list-style-type: none"> Depression & anxiety* Fitness & nutrition coaching* Health risk assessment* Hearing screening (audiometry) Lifestyle & risk-reduction coaching* Onsite medications at no cost Pediatric visits* Pre-op evaluations & clearance Routine adult physicals Sports physicals Women's health 	<ul style="list-style-type: none"> Basic metabolic panel Blood draws & sample collection Cholesterol Hemoglobin A1c Pregnancy test Screening for diabetes Strep throat test Urinalysis
Procedures		Behavioral health
<ul style="list-style-type: none"> Asthma/Pulmonary treatments Basic ENT procedures Basic wound care Dermatological procedures including mole removal Ingrown toenail removal 	<ul style="list-style-type: none"> Skin biopsy (lab not included) Skin cyst removal Skin tag & wart removal (cryo) Stitches Suture/Staple removal 	<ul style="list-style-type: none"> Anxiety assessment & treatment* Depression assessment & treatment*
Immunizations		Diagnostic testing & vitals
<ul style="list-style-type: none"> Flu vaccine Hepatitis A series Hepatitis B series HIB (haemophilus) HPV series (human papilloma virus) Meningococcal MMR (measles, mumps, rubella) 	<ul style="list-style-type: none"> Pneumococcal Polio Rotavirus Td (tetanus, diphtheria) Tdap (tetanus, diphtheria, pertussis) Varicella (chicken pox) 	<ul style="list-style-type: none"> Blood pressure & vitals EKG Peak flow testing Spirometry

Health portal: Visit members.eversidehealth.com to get access

- Available 24/7
- Download your personal health record
- Email your provider securely
- Make and manage prescriptions from your provider
- Manage your membership
- Request refills and view prescriptions

*Available for virtual appointments. Follow-up in-person care will be coordinated with your provider if needed.



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Get complete care, anywhere

Your healthcare is our top priority. So we make it easy to visit your provider, whether it's in person, online, or over the phone —whatever is easiest for you.

Everside Health providers can see you virtually or consult over the phone for almost any service, including:

- Establishing care (getting to know your provider)
- Discussing medications or getting refills
- Mental health screenings
- Routine checkups
- Chronic disease management (like diabetes management, heart disease management, etc.), and more

The Everside mobile app allows:

- Easy appointment scheduling
- Chat feature connects directly with your care team
- Start video visits within the app or browser

Schedule an appointment today at any of our convenient locations. Call 866-808-6005 or visit members.eversidehealth.com

Learn more at members.eversidehealth.com/OPCMIA

Get started today

Set up account at
members.eversidehealth.com
or scan QR code below



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Virtual care FAQ

How does a virtual care visit compare to a traditional in-person provider encounter?

The interaction is very similar. The healthcare provider will ask pointed questions to assess your overall well-being, with a focus on your chief complaint. This process is to assure the provider that you are a candidate for treatment. If the provider has any urgent concerns about your health, you may be referred to the appropriate level of care. This referral to an ER or specialist currently occurs only about 5% of the time (for urgent care type visits).

How can a provider treat me without physically seeing me?

For most common or chronic illnesses, a telephone and video interaction with a provider can effectively replace an urgent care or emergency room visit. The provider does not need a physical exam to diagnose and treat most urgent care illnesses. Taking a thorough history is historically considered “90% of the evaluation” when coupled with provider-patient interaction. This is effective for diagnosis and treatment in a large majority of cases. How a patient feels can be just as important clinically as what their physical exam reveals, in most simple cases.

Is diagnosis without a physical exam effective?

Internal medicine and family practice providers have for many years evaluated patients, while on call, who they have neither seen nor examined. Evidence that this type of treatment is effective comes from decades of primary care providers treating their patients effectively over the phone—when on call, after hours, and on weekends. The Everside virtual care solution improves what has already been established as successful, with new digital technology that advances this interaction. Healthcare providers can see patients through our video link and thus receive ample information to diagnose a majority of common illnesses.

Do providers prescribe medication via virtual care?

Yes, if the diagnosis warrants treatment, a provider may be able to prescribe a medication for a patient.

Is the process complicated to see a provider via virtual care?

Not at all. The system was designed with patients' needs in mind, to make the overall experience accessible and intuitive. We have designed our system to optimize the experience based upon your device of choice (phone, computer, or mobile device) for the visit.

Is my medical information secure?

Absolutely! We are committed to safeguarding and protecting all personal information, including medical information about you. We employ administrative, physical, and technical measures designed to safeguard and protect information under our control from unauthorized access, use, and disclosure. These measures include encrypting your personal information when we store or transmit it and using secure servers that we back up daily. We are designed to be fully HIPAA (Health Insurance Portability and Accountability Act) compliant.

How do I ensure that consultations are conducted in a consistent, medically appropriate manner?

Everside virtual care providers deliver care using the same clinical protocols that are in effect at face-to-face appointments, like: not prescribing narcotics, deciding on the age of pediatric patients to be seen in advance, knowing where to send a patient for an emergency, and adhering to general practice guidelines.



**Schedule an appointment
at your Everside Health
center today.**
No costs, just great care

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