

Government Center Clinic by OurHealth

The Government Center Clinic by OurHealth has all the resources you need to achieve and maintain good health. The holistic approach of the Government Center Clinic provides services for everything from coaching support for improving lifestyle behaviors to your bi-annual dental cleanings and annual health physicals. Visit the OurHealth Portal for more information on these services or to schedule your appointments member.ourhealth.org.

Primary Care Services

Available to State of Indiana employees enrolled in a State Personnel Department health plan and their covered dependents 3+.

Hours: **Monday-Friday | 7am-4pm**



Preventive (No Cost)

- Annual Physicals
- Vaccinations & Immunizations
- Flu Shots
- Gender-specific Annual Exams



Sick Care (\$49)

- Cold & Flu
- Sinus Infections
- Upper Respiratory Infections
- Yeast Infections
- Urinary Tract Infections



Condition Management (\$49)

- COPD
- Diabetes
- Pre-Diabetes
- Asthma
- Cholesterol
- Allergies



Pains & Aches (\$49)

- Sprains & Strains
- Migraines
- Back Pain
- Pinched Nerves
- Neck Pain
- Joint Pain
- Kidney Stones

And More!



ActiveHealth Health Coaching

Available to State of Indiana employees enrolled in a State Personnel Department health plan and their covered spouses and adult dependents. Completing 4 sessions with a health coach is one way to earn your wellness incentive! Health coaching can help with:

- Exercise & Activity
- General Health Education
- Healthy Eating Habits
- Sleep
- Mindfulness
- Work-Life Balance
- Stress Management
- Tobacco Cessation
- Weight Management



Anthem EAP

Available to full-time State of Indiana employees and members of their household. Receive up to 8 free sessions per issue, per year with a behavioral health specialist. To take advantage of the free visits, employees should first contact Anthem EAP at **(800) 223-7723**, option 1 and request in-person counseling with Pamela Ruster or Roger Fisher at the Government Center clinic. Anthem EAP will provide a code to use when scheduling the visits.

Appointment Schedule

- Mondays: 7:30 a.m. to 4 p.m.
- Tuesdays: 7:30 a.m. to 4 p.m.
- Thursdays: 12 p.m. to 4 p.m.



Complete Dental Solutions

Hours: **Tuesday & Wednesday | 7AM- 4PM**

Available to State of Indiana employees and their covered dependents enrolled in State Personnel Department dental insurance. Other insurances may also be accepted, please call to verify eligibility.

- Preventative Care & Cleanings
- Oral Cancer Screenings
- Invisalign® Clear Aligners
- Tooth- Colored Fillings
- Crowns & Bridges
- Teeth Whitening
- Endodontics
- Dentures & Partials



OnSight Eyes – Vision Services

Hours: **Every Wednesday | 8AM- 4PM**

Available to State of Indiana employees and their covered dependents enrolled in State Personnel Department vision insurance. Other insurances may also be accepted, please call to verify eligibility. For those without vision insurance, a comprehensive eye exam is only \$60 for first time customers (normally \$80).

- Comprehensive eye exams
- Selection of eyeglasses and contacts available for purchase



Physical Therapy

Hours: **Monday - Friday | 7AM- 4PM**

Available to State of Indiana employees and their covered dependents enrolled in a State Personnel Department medical insurance. Other insurances may also be accepted, please call to verify eligibility. To schedule your Physical Therapy evaluation, call **317-757-9470**. Physical Therapy can treat pre- and post-operative conditions such as:

- Rotator Cuff Repair, Knee Arthroscopy, Hip/Knee Replacements, Spinal Surgery
- Sprains and Strains
- Muscle Weakness
- Tendonitis
- Joint Pain