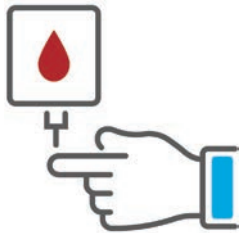




OUR CLIENTS TAKE ADVANTAGE OF OUR FREE WELLNESS PROGRAMS

My Health Onsite is your complete source for improving health and boosting productivity. Through our interactive patient portals and our onsite or near-site health centers, you will find easy access to the transformative power of onsite primary care and personalized services. **We make prevention our number one goal.** Our medical team, registered nurse educators and registered dietitians meet you where you are and provide personalized guidance and tools to support behavior change and healthy habits to prevent and reduce health risks.

PATIENTS MAY ACCESS A RANGE OF MEDICAL SERVICES AT NO COST



Diabetic Testing Supplies



Lab Services



Personalized Wellness & Nutrition Coaching



Well-Woman Appointments



Medical Care for Chronic Conditions



Preventative Care Appointments

OUR TOP WELLNESS EDUCATION PROGRAMS:

- ✓ Exercise
- ✓ Eating Healthy & Weight Loss
- ✓ Stress Management
- ✓ Disease Prevention
- ✓ Diabetes Management
- ✓ Tobacco Cessation
- ✓ Sleep
- ✓ Healthy Cholesterol
- ✓ Blood Pressure Management

Schedule an appointment today by accessing the patient portal at www.my-patientportal.com or calling the toll free **24-hour Call Center Support Team at: 1-888-644-1448**