

Well@Work monthly content

April – Preventive care, immunizations

Enewsletter content

Subject: Preventive care keeps you healthy

No matter how healthy you are, it's a good idea to get routine preventive care. Regular screenings can find and stop health issues early, when treatment is most effective.

Come into your Well@Work clinic for help with:

- Annual exams
- Immunizations, like Tetanus and Shingles
- FIT kits for at-home colon cancer screenings
- Men's health, like prostate lab screening
- Quitting smoking
- Routine blood work
- Screening and prevention help for sexually transmitted infections, like HIV and chlamydia
- Women's health, like cervical cancer screenings

Make an appointment today

Call **507-379-4841** to make your first appointment. For all other visits, schedule online at healthpartners.com/appointment.

To schedule online:

1. Visit healthpartners.com/appointment and log onto your HealthPartners account
2. Select *Primary care* as your visit type
3. Answer the questions about your visit – including if you want a phone or video visit
4. Your Well@Work clinic will be listed under *Search by location*

Hours

M/Th 9:30 am – 5:30 pm

T/F: 7 am – 3 pm

W: 7:30 am – 3:30 pm

Location

Brookside, Door C. Go through Thermal Scanner first.

Who can use the clinic?

All employees, and dependents 18 months and older, on the Albert Lea School District's health insurance plan.

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May – Seasonal allergies

Enewsletter content

Subject: Is it a cold or allergies? Well@Work can help.

Each year, as many as [30 percent of adults and 40 percent of children](#) suffer from allergies. The symptoms are similar to cold symptoms. This can make it really hard to self-diagnose. But if your allergies are left untreated, you could become more prone to getting sinus infections or other upper respiratory infections.

So what's the difference between a cold and allergies? With both, it's typical to have a runny nose and sneeze. You may also feel a little drowsy. But other symptoms vary depending on what you actually have. Itchy eyes or ears and circles under eyes are common of allergies, and are rarely seen with a cold.

If you think you might have allergies, schedule a visit to your Well@Work clinic. Your clinician can help you with a treatment plan, which could include a prescription. Not only will you be in and out in 20 minutes, but medicine may be available at no cost.

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Hours

<Date and times>

Location

<Name of building>

Who can use the clinic?

<Eligibility>

Social content

Header: Achoo! A cold or allergies? Well@Work can help.

Each year, as many as [30 percent of adults and 40 percent of children](#) suffer from allergies. The symptoms are similar to a cold. Allergies can bring on itchy eyes or ears, and circles under eyes, in addition to a runny nose and sneezing.

Need help with your allergies? Make an appointment at your Well@Work clinic today.

Call **XXX-XXX-XXXX** or visit healthpartners.com/appointment.

Well@Work monthly content

June – Summer skin care

Enewsletter content

Subject:

The weather we've all been waiting for is finally here! When spending more time outside this summer, it's important to stay safe. Your Well@Work clinic wants to help with a few tips for having a healthy summer:

1. Sunscreen, sunscreen, sunscreen! – wear at least SPF 30 and take regular breaks in the shade.
2. Drink lots of water – the hot sun can cause dehydration. Keep a water bottle nearby and don't wait until you're thirsty to take a sip.
3. Avoid the bugs – protect yourself from tick bites by wearing long sleeves. Use tick repellent on exposed skin (for non-pregnant adults) that contains 20 to 30 percent DEET.

When you need summer care, visit your Well@Work clinic for things like:

- Bug bites
- Infections
- Rash concerns
- Skin checks
- Swimmer's ear

Make an appointment today

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Hours

<Date and times>

Location

<Name of building>

Who can use the clinic?

<Eligibility>

Social content

Header: Summer is here – don't forget about your Well@Work clinic

The warmer weather is finally here. When you need summer care, visit your Well@Work clinic for things like:

- Bug bites
- Infections
- Rash concerns
- Skin checks
- Swimmer's ear

Make an appointment today.

Call **XXX-XXX-XXXX** or visit **healthpartners.com/appointment**.