



IN-PERSON AND VIDEO VISITS

ONSITE NURSE COACH SERVICES

Available to benefit eligible employees
and spouses.

- If you have COVID like symptoms, please call 800.528.7883 or schedule a video visit for further direction

FREE, confidential appointments for:

- Basic care for acute concerns (ie. earaches, sore throat, infections, rashes, ear lavage, and injuries)
- Health coaching from lifestyle-related issues (ie. nutrition, exercise, weight, stress, sleep, tobacco cessation, and health coaching to help implement lifestyle changes)
- Assistance with chronic conditions (ie. blood pressure checks and glucose checks)
- Education on age appropriate screenings and tests
- Care coordination and health system navigation
- Wellness programming and classes
- Occupational health concerns
- Immunizations



Ashley Zeise, RN
nurse@deperewi.gov

**City Hall - Riverview
Conference Room:**
**Mondays,
9-10:30 am**

**Municipal
Service Center:**
**Mondays,
11 am-12:30 pm**

*With supervisor approval,
employees can
meet with Nurse Ashley
during work hours.*



Schedule an appointment 24/7
online at bellin.org/cityofdepere or
by calling **800.528.7883**. Walk ins
are welcome upon availability.

bellinhealth



bellin.org/cityofdepere