

Health Care at Your Fingertips

LaForce offers ALL fulltime employees as well as spouses/dependents on LaForce's health plan access to free or discounted health care through Bellin Health. The onsite clinic and onsite nurse is free of charge to those eligible, the nearsite physical therapy is only \$15 per visit. Click the services below to learn more:

ONSITE SERVICES:

Onsite Primary Care Services	
Name	Ashley Mijal, APNP
Contact	ProviderLaForce@Bellin.org or Extension 296101
Location	Located on the second floor by IT
Hours	Monday: 7am-10am, Wednesday: 10am-1pm, Thursday: 2pm-5pm, Walk-ins welcome
Scheduling	Call 800-528-7883 OR visit www.bellin.org/laforce to request an appt with LAFORCE PA/NP
Who is eligible	Employees: ALL full time employees Dependents: Those enrolled in a LaForce health insurance plan
Services Provided	<ul style="list-style-type: none"> • Physicals including well-woman and male exam • Pediatric well-child checks • Respiratory infection, sore throat, bronchitis & ear infection • Labs including urinalysis, rapid strep, pregnancy and mono • Headache/Migraine/Allergies • Injury treatment for sprains, strains*, minor cuts, burns • Immunizations • Bloodwork for lab tests • Prescriptions & medication refills <p><i>* X-ray not included</i></p>
Cost	Free

Onsite Nurse Coaching Services	
Name	Sabrina Frisque, RN
Contact	RNLaForce@bellin.org or Extension 2951
Location	Located on the second floor by Estimating
Hours	Monday: 1pm-4pm, Tuesday: 8am-11am, Thursday: 8am-11am, Walk-ins welcome
Scheduling	Call 800-528-7883 OR Visit www.bellin.org/laforce to request an appt with LAFORCE NURSE
Who	ALL employees and spouses
Services Provided	<ul style="list-style-type: none"> • Health coaching for lifestyle related issues (i.e. nutrition, exercise, smoking) • Review Health Risk Assessment (HRA) results Chronic care management (i.e. diabetes, blood pressure) • Immunizations such as flu • Basic care for sore throats, earaches, sinus infections, flu or cold symptoms • First aid for injuries
Cost	Free

NEARSITE SERVICES:

Nearsite Physical Therapy	
Locations	Ashwaubenon at 1630 Commanche Ave Bellevue at 3263 Eaton Rd Titletown at 1970 S Ridge Rd
Hours	Monday – Thursday: 6am-6pm and Friday: 6am-5pm
Scheduling	Call 800-528-7883 and specify LaForce Nearsite Physical Therapy
Who	Those enrolled in a LaForce health insurance plan are eligible (including dependents)
Services Provided	<ul style="list-style-type: none"> • Acute injury prevention • Postsurgical therapy • Options for chronic pain and muscle or joint discomfort • At-home stretching and strengthening programs specific to problem areas • Injury prevention advice
Cost	\$15 per visit (pay at time of visit, no cash accepted)