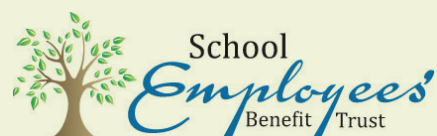




Get to Know Your Activate Health & Wellness Center



*Serving Employees
and Families of
School Employees' Benefit Trust*



Welcome to Activate!

Activate Healthcare is excited to partner with SEBT to provide access to health and wellness services to SEBT employees and their families enrolled in an SEBT health plan at our clinics in Berne, Elwood and Fort Wayne.

Activate's facilities provide employees and dependents access to convenient comprehensive primary and acute health care and wellness services delivered by experienced physicians and advanced practice providers.

ACTIVATE'S SERVICES INCLUDE:

- + **Primary/Acute Health Care** – Illnesses, condition management (asthma, diabetes, etc.), lab/blood work, allergies, and other medical needs for which you'd normally consult a doctor or medical clinic
- + **Preventive Care** – Physicals, flu shots, health coaching, health profiles
- + **Pharmaceuticals** – Generic prescription medications dispensed on site

ACTIVATE'S SERVICES ARE:

- + **Affordable** – Wellness visits are always free. If you are receiving or depositing funds into a Health Savings Account (HSA), acute care visits are only \$30 for all services received in that clinic visit, including labs and prescriptions, if needed, per IRS code. If you do not have an HSA, all services are free.
- + **Completely confidential** – As required by law, your personal health information will not be shared with SEBT. Information can be shared with your personal physician based on your direction and authorization.
- + **Convenient** – More time with a provider and less time waiting.

For more details, visit:

activatehealthcare.com/sebt

Your Activate Health & Wellness Center is the place where you can go for a wide range of health services. You can use the center for:

- + Primary health care services, including sick visits
- + Care for chronic illnesses
- + No- and low-cost medicines prescribed by the clinic providers and available at the clinic
- + Provider can serve as your primary care provider
- + Many free lab tests when done at the clinic
- + Orders for bloodwork needed by other providers, performed at no charge
- + Health education

HOW TO USE THE CLINIC

- + Call to schedule an appointment.
- + You can usually get an appointment on the same or next day.
- + Go to the clinic at the time of your scheduled appointment.
- + You will be seen by the doctor or another medical provider who can assist you.

WHEN TO USE THE CLINIC

Go to the Activate Health & Wellness Center if you:

- + Want regular primary care, including annual physicals
- + Are sick
- + Have a condition that needs to be checked regularly
- + Have a child that needs a sports physical
- + Take prescription medicine
- + Need lab work or a blood sample taken
- + Would like personal wellness coaching



PRESCRIPTION REFILLS

- + If you are prescribed medicine by the clinic provider and you need a refill, call the clinic and ask for a refill over the phone.
- + It should be ready for you to pick up at the clinic within 48 hours.



Meet your team



TAMARA ROBBINS, MD (BERNE)

Dr. Robbins is a family physician certified by the American Board of Family Medicine and is a certified DOT medical examiner. She earned a bachelor's degree in chemistry from Taylor University and her medical degree from the IU School of Medicine. Dr. Robbins completed her residency in family practice at Ball Memorial in Muncie. She will be serving the clinic part time.



STEPHEN SAUER, MD (BERNE)

Dr. Sauer is a primary care physician and a diplomat of the American Board of Family Medicine. He earned his bachelor of science in nursing from Purdue University and his medical degree from Saba University SOM in Saba, Netherlands, Antilles. Dr. Sauer completed his residency in family practice at St. Joseph Medical Center in South Bend. He will be serving the clinic part time.



KRISTY NORRIS, FNP (BERNE)

Kristy is a family nurse practitioner certified by the American Academy of Nurse Practitioners. She also has CPR and DOT certifications. Kristy earned her master's degree in nursing from Indiana Wesleyan University. She and her husband enjoy cheering for their three children at various sporting events.



J. DOUGLAS SMITH, MD (ELWOOD)

Dr. Smith is board certified in family medicine. He earned his bachelor's degree with a major in biology from Indiana University and earned his medical degree from Indiana University Medical School. Dr. Smith completed his family medicine residency at St. Vincent Hospital in Indianapolis. He has been a featured lecturer at symposiums dedicated to emergency medicine.



THERESA NEFF, MSN, FNP-C (ELWOOD)

Theresa holds a Master of Science in Nursing (Family Nurse Practitioner) from Clarkson College, and a Bachelor of Science in Nursing from the University of Iowa. She is certified as a nurse practitioner from the AANP, and is certified for CPR and BCLS. Theresa puts a focus on fitness as a way to stay healthy in mind, body and soul.



MICHAEL KUBACKI, DO (FORT WAYNE)

Dr. Kubacki holds a DO from the University of Osteopathic Medicine and Health Sciences in Des Moines and completed his residency at The Methodist Hospitals in Gary and Merrillville, Indiana. He also completed physician assistant training at Chicago Citywide College at Cook County Hospital. Dr. Kubacki practiced family medicine for many years before joining Activate Healthcare.



SUSAN SCHOWE, NP (FORT WAYNE)

Susan Schowe is a nurse practitioner and health coach with deep experience in the medical field as a registered nurse and nurse practitioner. Prior to joining Activate Healthcare, Susan was an occupational health nurse practitioner for Parkview Health and a family nurse practitioner for Lutheran Medical Group.

CLINIC ADDRESS:

Berne Location

926 W 500 S

Berne, IN 46711

PH: 260.849.4296

FX: 260.849.4298

CLINIC HOURS:

M 8 am – 5 pm

T 9 am – 6 pm

W 8 am – 5 pm

TH 9 am – 6 pm

F 7 am – 4 pm

Serving Adams Central, Bluffton-Harrison, North Adams, South Adams, Southern Wells

CLINIC ADDRESS:

Elwood Location

1500 South B Street, Ste 1

Elwood, IN 46036

PH: 765.557.8696

FX: 765.557.8796

CLINIC HOURS:

M 8 am – 5 pm

T 9 am – 6 pm

W 8 am – 5 pm

TH 9 am – 6 pm

F 7 am – 4 pm

Serving Mississinewa

CLINIC ADDRESS:

Fort Wayne Location

2932 West Ludwig Road

Fort Wayne, IN 46818

PH: 260.755.1304

FX: 260.755.1306

CLINIC HOURS:

M 6 am – 5 pm

T 9 am – 7 pm

W 6 am – 5 pm

TH 9 am – 7 pm

F 6 am – 4 pm

Serving Northern Wells, Region 8, Smith Green, Whitley County



ACTIVATE HEALTH & WELLNESS CENTER

BERNE

926 W 500 S

Berne, IN 46711

PH 260.849.4296 | FX 260.849.4298

*Serving Adams Central, Bluffton-Harrison, North Adams,
South Adams, Southern Wells*

ELWOOD

1500 South B Street, Suite 1

Elwood, IN 46036

PH 765.557.8696 | FX 765.557.8796

Serving Mississinewa

FORT WAYNE

2932 West Ludwig Road

Fort Wayne, IN 46818

PH 260.755.1304 | FX 260.755.1306

Serving Northern Wells, Region 8, Smith Green, Whitley County

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