

RUTHERFORD COUNTY

ON-SITE MEDICAL



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WHAT ARE THE ONSITE MEDICAL CLINICS?

One of the benefits of being enrolled in the County’s Health Plan is the ability to receive services from the Onsite Medical Clinics. The Clinics are run by an independent Company, CareHere. They are located around the County and provide primary care exclusively to County employees and their dependents that are enrolled in the Health Plan.

The Clinics are staffed by highly qualified Physicians and Nurse Practitioners with experience in the areas of Primary Care, Family Practice and Women’s Health.

In order to minimize waiting and increase time with the physician, office visits are by appointment only. Walk-in visits are not available at this time.

CLINIC LOCATIONS AND HOURS

LOCATION	DAYS	TIME	ADDRESS	COMMENTS
Blackman Elementary	Mornings/ Mon-Sat	7:00 AM- 12:00 PM	586 Fortress Blvd. Murfreesboro	Portable closest to the playground
Blackman Elementary	Afternoons/ Wed & Fri	1:00 PM- 5:00 PM	586 Fortress Blvd. Murfreesboro	Portable closest to the playground
Murfreesboro Health Dept.	Afternoons/ Wed & Alternating Fri	See Website	100 West Burton, Murfreesboro	www.carehere.com
Rock Springs Middle School	Mornings/ Mon, Tues, & Thurs	7:00 AM- 11:00 AM	3301 Rock Springs Rd, Smyrna	Go in school’s front entrance and go to the main school office
Stewarts Creek Elementary	Mornings/ Mon & Wed	See Website	200 Red Hawk Pkwy. Smyrna	Walk-ins also accepted. www.carehere.com
Stewarts Creek Elementary	Afternoons/ Mon, Tues, & Thurs	12:30 PM- 4:30 PM	200 Red Hawk Pkwy. Smyrna	Walk-ins also accepted
Walter Hill School	Mornings/ Tues, Thurs, Fri, & Sat	7:00 AM- 12:00 PM	6309 Lebanon Pk.	Located at the left most side of the building
Walter Hill School	Afternoons/	1:00 PM- 5:00 PM	6309 Lebanon Pk.	Located at the left most side of the building
Walter Hill School	GYN Exam Day	See Website	6309 Lebanon Pk,	WOMEN ONLY www.carehere.com

Times and Locations are subject to change.

Go to www.Carehere.com or call 1-877-423-1330 for the most current schedule.

WHAT SERVICES ARE AVAILABLE

1. PRIMARY CARE:

Acute and chronic conditions can be treated at the Clinics, and the “appointment only” policy insures prompt treatment with little to no wait. The Clinic providers can treat you for conditions such as:

- A.** Colds, flu, sore throat
- B.** Respiratory infections
- C.** High blood pressure
- D.** Arthritis
- E.** Allergies
- F.** Diabetes
- G.** Asthma
- H.** And more

2. PHARMACY

Many generic medications are also available at the Clinics. If available, you can get up to a 30-day supply (90-day supplies available for established patients).

3. HEALTH RISK ASSESMENTS

CareHere provides each employee a free annual Health Risk Assessment (HRA). This HRA is an in-depth analysis of over 30 key lab measurements indicating high cholesterol, diabetes, liver functions, chemistry levels, nutrition, or prostate cancer.

From a simple blood draw and health questionnaire, you will receive a detailed report explaining your results with color-coded graphs to help you better understand your scores.

Armed with this report, you and your physician can review your health risks in detail, prepare a plan of action, if necessary, and track trends over time that are essential to healthy living.

Do not eat for at least 12 hours before your HRA appointment - *you may drink water or coffee without sugar.*

Within 2 weeks of your blood draw, you will receive your personalized HRA Report. Schedule a new appointment at CareHere to review your report with a member of the Clinic’s Medical Team.

4. HEALTH COACHES

Trained "Health Coaches," will contact every patient with abnormal lab results revealed in Health Risk Assessments or routine onsite lab work. If needed, Health education materials will be sent to members based on medical assessment, condition(s), and receptivity. For high risk patients, case managers stay in regular contact with individual patients to monitor progress. CareHere works hard to coordinate case management with the members' physicians for optimal coordination and effective collaboration.

HOW DO I SCHEDULE AN APPOINTMENT?

1. From the internet you can schedule an appointment at: www.CareHere.com
2. Click "MEMBER LOGIN".
3. Login and enter your user name and password
-First-time registrants should sign in using the Access Code: **RC486**
4. Or, if you do not have internet access, you may call the 24 hour appointment line at **1-877-423-1330**.

For more information about the On-site Medical Program please visit www.rutherfordcounty.org/hr

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