



City Employee Medical Clinic

Wellness Services



Blood Pressure Clinic

- Available to all on the City Medical Plans.
- Meet with a UCCS Health Coach to learn how to self manage and lower your blood pressure.
- FREE
- Call 385-5190 to make an appointment or if you have any questions regarding this clinic.
- Earn 1 RYP credit

Coaching

- Available to all City Employees.
- FREE
- One on one coaching with a UCCS Health Coach for assistance with making healthy lifestyle changes: weight loss, smoking cessation, healthy eating & exercise.
- Call 385-5190 to make an appointment.
- Earn 1 RYP credit.

Wellness Screenings

- Available FREE to all City employees, adult dependents, and Fire & Police retirees on the City medical plans.
- Will need to FAST (but drink lots of plain water) for 10-12 hours prior to the screening.
- Screens for risk factors for heart disease including cholesterol levels and blood sugar (this is why you need to FAST.)
- Call 385-5190 to schedule an appointment or schedule an appointment online schedule at http://www.supersaas.com/schedule/wellnessschedule/Wellness_Screen_Schedule?day=1&month=11&year=2011&view=day
- A wellness screening is a required activity for the RYP program.