At the Seymour Community School District, we sincerely care about you, our valued employees and your family members. That means offering programs, tools and resources which empower people to proactively engage in healthy behaviors that drive personal and work success. We choose to make health and wellness a priority, providing a full program of benefits such as insurance coverage and preventive health resources.

**Seymour Thunder Community School District Health & Wellness Onsite Clinic Hours:**

**Monday & Wednesday** • 6–8 am & 3–5 pm  
**Tuesday, Thursday & Friday** • 6–8 am

*Hours subject to change and vary based on service offering.*

Clinic located at Seymour Middle School Door #37

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**24/7 Appointment Scheduling**

**Employer Clinic Hotline**

(800) 528-7883  
in the Green Bay area call (920) 433-7883

Call 24/7 Nurse on Call for appointment scheduling and health information.

**AN INVESTMENT IN AND FOR YOU**

The Seymour Community School District is committed to you and your good health. Check out the resources available to you, our valued employees and your family members at the Seymour Thunder Community School District Health & Wellness Onsite Clinic.
Support to Take Your Health to a New Level

The Seymour Thunder Community School District Health & Wellness Onsite Clinic is a full-service primary care clinic providing quality health services for the Seymour Community School District employees, spouses and dependent children who have WCA as their primary health insurance. The center is staffed and managed by Bellin Health, bringing health care providers onsite to offer convenient, cost-effective care regardless of personal health system affiliation. The Bellin Health providers are backed by a team of professionals who bring a strong preventive care philosophy, proven expertise, experience and clinical excellence.

Care and assistance for health concerns such as:

- Respiratory infection, sore throat, bronchitis and ear infection
- Headache/Migraine/Allergies
- Urinary tract and yeast infection
- Injury treatment for sprains, strains (x-ray not included), minor cuts, burns
- Worksite labs including urinalysis, rapid strep, pregnancy and mono
- Health coaching
- Treatment of chronic diseases: Hypertension, diabetes and cholesterol
- Immunizations and allergy treatments (Desensitization injections not included)
- Complete physicals for men and women including age appropriate screenings
- Bloodwork for lab tests
- Pediatric well-child checks
- Electronic prescribing and medication refills

Primary Care

Kris Barrette, NP
Monday & Tuesday 6-8 am

Kristin Collar, NP
Wednesday & Thursday 6–8 am & 3–5 pm

Friday 6–8 am

Nurse Coach Services

Tuesday 1–5 pm

- Health coaching for lifestyle related issues (i.e. nutrition, exercise, smoking)
- Chronic care management (i.e. diabetes, blood pressure)
- Information on age-appropriate screenings and tests
- Basic care for sore throats, ear aches, sinus infections, flu or cold symptoms, and more (Includes worksite testing such as rapid strep and blood sugar)
- First aid for injuries
- Basic ergonomic adjustments
- Immunizations such as flu, tetanus and pneumonia

Pain & Injury Prevention

To schedule with Denise please call the Athletic Training Room at (920) 833-2306, ext. 486 or email directly at Dellis@seymour.k12.wi.us

- Orthopedic Injury Assessments
- Early intervention/post provider services for muscle or joint discomfort
- Targeted stretching programs
- Therapeutic exercise instruction

The LAT is located in the High School Field House Athletic Training Room

Schedule an appointment by calling the 24/7 Employer Clinic Hotline at (800) 528-7883. Walk-ins welcome.