Experience Counts
Premise Health is the nation’s premier provider of workplace-based healthcare services. Premise Health is a leading operator of onsite health, wellness and fitness centers, as well as onsite pharmacies, and health promotion and disease management programs. Premise Health has more than 40 years of experience operating health centers for large employers across the country.

Convenient Access to Quality Healthcare and Pharmacy Services at Work!

NOTRE DAME WELLNESS CENTER

Notre Dame continues to invest in and enhance benefit programs to help faculty, staff and their families maintain and improve overall health and well-being. As part of that ongoing wellness commitment, the University is pleased to provide a state-of-the-art onsite workplace wellness center, offering best in class healthcare and pharmacy services.

Quality Staff. Quality Relationships. Quality Delivery.
The Notre Dame Wellness Center includes a full-time physician, nurse practitioner, physical therapist, registered nurses, full-time pharmacist, and medical support personnel. These professionals have been carefully screened and selected by Premise Health and Walgreens, bringing a team of qualified, caring professionals, a strong preventive care philosophy, proven expertise, experience, and clinical excellence to the Notre Dame community.

Committed to Privacy and Confidentiality
The privacy of your healthcare information is of the upmost importance at the Notre Dame Wellness Center. Premise Health, who manages the Wellness Center, will maintain patient medical records in accordance with their stringent and well-documented security standards, as well as in compliance with all applicable state and federal laws. This assures privacy of all interactions and healthcare services at the Wellness Center. No one at Notre Dame will have access to your personal health information.

To learn more, visit www.premisehealth.com
How Healthcare at Work... Works for You!

Primary Care Focus
The Notre Dame Wellness Center is "bringing the family doctor in-house," providing you with convenient access to trusted clinicians right at work. This primary care wellness center will offer a full-range of high-quality, affordable healthcare services and technologies, including regular checkups, treatment of acute conditions, such as sore throats, infections, wound care, strains and sprains, as well as management of more complex conditions, such as diabetes, high blood pressure, asthma and arthritis.

Pediatrics
The Wellness Center offers pediatric care, focused on children ages infant to 18. Healthcare services include: physical exams for sports, camps and school; treatment for acute conditions, and management of more complex conditions such as asthma and diabetes.

Proactive Chronic Condition Management
The Wellness Center provides Chronic Condition Management Programs to help manage chronic health conditions (an illness lasting three months or more) such as asthma, arthritis, diabetes, heart disease and cancer.

Full-Service Wellness Center
The Notre Dame Wellness Center provides private, confidential care, including:

- Routine Primary Care
- Urgent "Walk-in" Care
- Pediatric Care
- Physical Exams
- Lab Services
- Vaccinations
- Allergy Management
- Physical Therapy

You and your family can utilize the Notre Dame Wellness Center as your primary healthcare provider, or you can utilize the center for specific wellness components such as health risk assessments, lab services, physical therapy and more. The Wellness Center staff will always work closely with your local community healthcare provider in providing information and coordinating care.

Health and Wellness Coaching
The Wellness Center offers health and wellness programs that focus on prevention and lifestyle improvement – with the goal to identify and reduce health risks and ultimately prevent illness and disease. Programs are available in nutrition and weight management, smoking cessation, stress management and more.

Physical Therapy
A comprehensive array of physical therapy services that help to reduce pain, improve body motion and function, and promote overall health are available at the Wellness Center. Licensed physical therapists will provide one-on-one, onsite personalized treatments through techniques including: postural training, back stabilization, exercise program development, stretching and strengthening, joint and soft tissue mobilization, iontophoresis, traction and electrical stimulation.

Specialty Infusion Services
The Wellness Center will provide intravenous hydration and medications, as well as therapy management, to meet the specialized need of patients with chronic diseases requiring long-term infusion therapies.

Convenience and Accessibility
The Notre Dame Wellness Center offers convenient hours, making it easy to obtain appointments and services and to drop-off and pick-up prescriptions.

Eligibility
The Notre Dame Wellness Center is available to:

- All full-time, benefit-eligible faculty and staff
- All benefit-eligible dependents

Using the Notre Dame Wellness Center can be cost-effective for all eligible faculty, staff and dependents. Co-pays, fees, deductibles, co-insurance and out-of-pocket costs are dependent on one’s particular healthcare plan (i.e., whether one has a Notre Dame-sponsored healthcare plan, another healthcare plan, or no healthcare coverage).

Scheduling Appointments
Call the Wellness Center at 574-634-WELL (9355)
You can also utilize the Wellness Center’s online scheduling tool at www.WellnessCenter.nd.edu. Appointments are recommended, however walk-ins are welcomed and same-day appointments may be available.

Wellness Center
Hours of Operation
Mon. – Fri. 7 a.m. – 7 p.m.
Sat. 8 a.m. – 12 noon

Pharmacy
Hours of Operation
Mon. – Fri. 7:30 a.m. – 7:30 p.m.
Sat. 9:30 a.m. – 12:30 p.m.

Special Home Football Weekend Hours:
Wellness Center: Sat. Closed; Sun. Open 1 p.m. – 5 p.m.
Pharmacy: Sat. Closed; Sun. Open 1:30 p.m. – 5:30 p.m.

Full-Service Pharmacy
Including the Convenience of a Drive-Thru!
The Notre Dame Wellness Center includes a full-service Walgreens Pharmacy, providing you with pharmacy services, patient counseling and more, including:

- Fill, Refill Prescriptions
- Generic Program
- 30-day thru
- Specialty Infusion Services
- Medication Therapy Management
- Compounding (drug therapies, medication profiles and more)

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