



Demand Innovation

**Alexandria**  
INDUSTRIES

## FAMILY HEALTH & WELLNESS CLINIC



### Frequently Asked Questions

**Q: Who can use the Alexandria Industries Family Health & Wellness Clinic?**

A: The clinic is available to:

- ✓ All Alexandria Industries employees
- ✓ All family members on the company health plan

**Q: Where is the clinic located?**

A: The clinic is located at 690 Voyager Drive, Alexandria, MN in the Park Plaza complex near the Casey's Gas Station.

**Q: When is the clinic open?**

- A: Monday 7:00am - 1:00pm and 3:00pm - 7:00pm
- Tuesday 8:00am - 2:00pm
- Wednesday 8:00am - 2:00pm
- Thursday 8:00am - 4:30pm

*(Note: clinic days & hours may change, periodically or seasonally, to best meet employee needs.)*

**Q: How do I schedule my appointment?**

A: Appointments need to be made by phone. Call the clinic at 320-335-2833.

*The clinic does not provide emergency medical services. If you have a medical emergency, please dial 911.*

**Q: How much will it cost me to use the clinic?**

A: Currently there is no cost to employees or health plan members for any services performed by the clinic.

**Q: What services are offered at the Alexandria Industries Family Health & Wellness Clinic?**

A: The clinic offers primary care services which includes: routine care, treatment of minor injuries and illness, bloodwork, lab testing and vaccinations.

<p><b>Routine Care</b></p> <ul style="list-style-type: none"> <li>• Male/female physicals</li> <li>• Screenings</li> <li>• Blood pressure checks</li> <li>• Preventative check-ups</li> <li>• Health management</li> </ul>	<p><b>Treatment of Minor Injuries and Illness</b></p> <ul style="list-style-type: none"> <li>• Flu symptoms</li> <li>• Infections (respiratory, sinus, ear, urinary, etc.)</li> <li>• Strains/sprains</li> <li>• Pain</li> <li>• Minor lacerations/burns</li> </ul>
<p><b>Lab Testing</b></p> <ul style="list-style-type: none"> <li>• Instant Tests <ul style="list-style-type: none"> <li>○ Influenza A+B, pregnancy, mono, strep A, urinalysis</li> </ul> </li> <li>• Bloodwork <ul style="list-style-type: none"> <li>○ Metabolic Panel, CBC, Glucose, A1C, PSA, TSH, T-4, Vitamin D and many more</li> </ul> </li> </ul>	<p><b>Vaccinations</b></p> <ul style="list-style-type: none"> <li>• Hep B / Hep A</li> <li>• Tdap / Tetanus</li> <li>• Typhoid</li> <li>• Pneumonia</li> <li>• Shingles</li> <li>• Chicken Pox</li> <li>• Influenza (annual)</li> </ul>

Operated by Achieve Wellness

690 Voyager Drive Alexandria, MN 56308 | PH: 320-335-2833 | F: 320-335-2469 | [www.achievetwellnessnow.com](http://www.achievetwellnessnow.com)



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**Q: How long is the average visit?**

A: The length of the visit will depend on the service needed.

**Q: Can I get my prescriptions filled at the clinic?**

A: A number of common, generic prescription drugs will be available at the clinic. The nurse practitioner can write prescriptions to be filled either at the clinic or pharmacy of your choice. No narcotics will be stocked at the clinic.

**Q: How do I get my medical information from the Alexandria Industries Family Health & Wellness Clinic to my regular medical provider?**

A: With a signed consent, we are able to send medical records to outside providers.

**Q: What if I have a condition that is not treated in the clinic?**

A: You would then use your medical plan and seek care within network. The staff can help direct you to the right resources for your specific need.

**Q: Does Alexandria Industries have access to my health information?**

A: Individual personal health and medical information is strictly confidential and it will be kept in confidence in accordance with HIPAA Guidelines. Personal health information obtained by Achieve Wellness **will not** be shared with Alexandria Industries.

**Q: Who employs the clinic's staff?**

A: The services are delivered by Achieve Wellness' trained, certified professionals.

**Q: What can I expect from a Family Nurse Practitioner?**

A: Family Nurse Practitioners serve as primary and specialty health care providers. Much like a family doctor, they work with patients throughout their lives, diagnosing illness, conducting exams, and prescribing medication.

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