



HFM Chamber Clinic  
**Holy Family Memorial**

*Sponsored by the Franciscan Sisters of Christian Charity*



HFM Harbor Town Campus  
1650 S. 41<sup>st</sup> Street  
Manitowoc, WI 54220

Transcend  
1520 S. 41<sup>st</sup> Street  
Manitowoc, WI 54220

## About the HFM Chamber Clinic

The HFM Chamber Clinic is a convenient, cost-effective service to help the Manitowoc and Sheboygan business communities engage in healthy behaviors.

The HFM Chamber Clinic offers services to those who are The Chamber of Manitowoc County or Sheboygan County Chamber of Commerce members. Services offered include: primary, urgent, preventive care, physical therapy, wellness coaching, and emotional health counseling. Primary, urgent, preventive, emotional health counseling, and wellness coaching will be located at Transcend (1520 S. 41<sup>st</sup> Street, Manitowoc). Physical therapy will be at HFM Harbor Town Campus (1650 S. 41<sup>st</sup> Street, Manitowoc).

The HFM Chamber Clinic is an extension of your primary care provider (PCP)—not a replacement. Please maintain or establish a relationship with your PCP for preventative care, chronic disease, and medication management.

All of these services are available by appointment only. Call (920) 320-4690 Monday through Friday, 8 a.m.-4 p.m. to schedule an appointment with our staff.

### Enrollment

Enrollment in the program is a two-step process.

1. The employer/Chamber member must opt in to offer this service to their employees. The employer enrollment form can be found at: <https://www.hfmhealth.org/chamber-enrollment/>
2. A participant enrollment link is sent to the employer to share with their employees to enroll.

### Investment

**Annual investment:** \$99 per person

**Access fee:** \$10 per visit, payable at the time of service

All participants will be given a member card that must be shown at each visit.

### HFM Right Now E-Visits

For only \$30 visit, eligible members can go online for an e-visit diagnosis. This is available 24/7, 365 days/year. Go to [hfmhealth.org/HFMRightNow](https://www.hfmhealth.org/HFMRightNow) and enter the code **MChamber** for the \$30/visit pricing. Check with your insurance to see if e-visits are covered under your health plan.

## Primary, Urgent and Preventive Care

### Transcend Location

**Monday: 8:00 a.m.-4:00 p.m.**

**Tuesday: 8:00 a.m.-6:00 p.m.**

**Wednesday-Thursday: 8:00 a.m.-4:00 p.m.**

**Friday: 8:00 a.m.-2:00 p.m.**



Amanda Werner  
PA-C

- Minor injuries: bruises, scrapes, cuts, burns, sprains
- Cough, cold or sore throat
- Sinus problems
- Skin conditions: rashes, hives, itching, dryness
- General lab tests: mononucleosis, strep throat, pregnancy, urine dip

## Emotional Health Counseling

### Transcend Location

**Tuesday: 3:00-6:00 p.m.**

**Wednesday: 9:00-11:00 a.m.**



Beverly Pautz,  
MSW, LCSW

Assist in identification and resolution of concerns such as:

- Health
- Marital/family
- Financial
- Alcohol/drug
- Emotional
- Stress

## Physical Therapy

### HFM Harbor Town Campus

**Monday: 7:00-9:00 a.m.**

**Wednesday: 4:30-6:00 p.m.**



Kelsey Hoffman,  
DPT, ATC

Physical therapy care for:

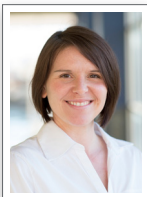
- Sprains
- Strains
- Lower back pain

## Wellness Coaching

### Transcend Location

**Monday: 7:00-9:00 a.m.**

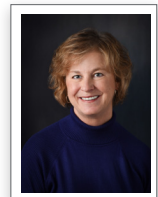
**Tuesday: 4:00-6:00 p.m.**



Carrie Karbon  
RD, CD

Personal coaching for:

- Overall wellness
- Nutrition
- Exercise
- Other health factors



Carol Steinbrecher

## Frequently Asked Questions

### **Will my visits and information be kept confidential?**

YES! Anything discussed during your visit with the provider is CONFIDENTIAL. We always regard patient information confidentiality as one of highest concerns and follow the federal law for HIPAA – Health Insurance Portability and Accountability. The Chamber of Manitowoc County or Sheboygan County Chamber of Commerce will not be told anything about your visit.

### **Will this affect my regular insurance? Do I still need my regular insurance?**

No, this will not affect your regular insurance; however, you should still have your regular insurance to cover all services not covered by the HFM Chamber Clinic. This is a supplement to your regular healthcare at a much lower cost to help individuals receive the right healthcare, in the right setting, with the right outcomes. Any questions should always be discussed with your employer insurance broker and/or legal counsel.

### **Will I need to pay additional fees for lab work, X-rays or supplies?**

Diagnostic lab tests and x-rays will not be performed at the HFM Chamber Clinic; however, these services can be ordered to be performed at your primary care provider's clinic, or another HFM location. These services would be processed in accordance with your health plan benefits. There are four basic labs included in your visit if needed: monospot (for mononucleosis), rapid strep, urine dip, and pregnancy. If you have questions, please ask the HFM Chamber Clinic provider.

### **Can the HFM Chamber Clinic prescribe medication?**

Yes, the HFM Nurse Practitioner or Physician Assistant can prescribe medications that are appropriate for the condition. Cost of medications will be processed in accordance with your health plan insurance benefits.

### **I have a chronic illness, should I continue care with my primary care practitioner or should I start going to the HFM Chamber Clinic for my care?**

The HFM Chamber Clinic acts as a “partner” with the patients’ other practitioners and the patient should have established care with a primary care provider for their chronic illnesses and for medication management. The HFM Chamber Clinic can complement your current care by providing additional resources, such as: acute care, nutritional counseling, exercise prescription, and specialist referral.

For a complete list of Frequently Asked Questions visit: [hfmhealth.org/chamber](http://hfmhealth.org/chamber)



**Phone:** (920) 320-4690

**Website:** [hfmhealth.org/chamber](http://hfmhealth.org/chamber)