

Palm Beach County Firefighters

Employee Benefits Fund Health & Wellness Center



7240 7th PL N
West Palm Beach, FL 33411
561-969-6663
561-721-3106 fax

www.MyFFBenefits.com



March 28, 2013

To All Health Fund Participants,

It's with great pleasure and excitement that I announce effective April 1, 2013 the PBC FF's Employee Benefits Fund Health & Wellness Center will be officially open to provide a variety of services for all participants of the Fund.

For many years now, the Board of Trustees and I have envisioned providing you with a medical facility that could handle the annual firefighter physicals as well as providing you and your families the type of medical care that couldn't be found anywhere else. Last February that vision started to come to fruition when we purchased the building at the end of 7th PI N, just off the turnpike. In January of this year, after nearly a year of hard work, planning and remodeling, we opened a first class state of the art medical facility and began providing the annual firefighter physicals.

Now, just over a year from the purchase, we are officially opening to provide you and your family a vast array of services. The facility is equipped to handle all of your primary and urgent care needs as listed in the enclosed brochure.

The staff of the Health & Wellness Center is dedicated to only one thing, making sure that you receive the best medical care and treatment possible. The staff is not only the best possible medical practitioners that we could lure away from the top medical facilities in the area, but also understand the bottom line is participant satisfaction. They will give you whatever time and care is necessary to address your particular situation. At the end of each visit a survey will be provided so you can tell us what we are doing right, as many of you already have or where we can improve our care and services.

The facility is conveniently located right off the turnpike at Southern Blvd, wait times are minimal, care is exceptional, you'll receive medications on the spot if necessary, and the price is right (free). Numerous individuals that live outside our planned demographic service area, which is Jupiter to the north and Delray Beach to the south have indicated it was well worth the few extra minutes on the road to get here. The time saved not having a long wait to be seen, no co-pays and prescriptions given to you before leaving is well worth the extra few minutes of travel time. Remember, this is something you can claim ownership in..... this is your facility; it is only open to you and your families!

We hope to see you soon! Walk-ins are welcome, but we encourage you to make an appointment, or at least give us a call to let us know you're on your way.

Fraternally yours,

Michael Sedgwick
Administrative Manager

PROVIDING QUALITY BENEFITS FOR YOU AND YOUR FAMILY

7240 7th PI N, West Palm Beach, FL 33411-3801 * Telephone (561) 969-6663 * Fax (561) 966-7760

Our Philosophy

The Health & Wellness Center is based on a concept of healthy living, early detection and aggressive treatment. Our state of the art facility and exceptional staff are dedicated to providing you with the guidance and tools necessary to get healthy and stay healthy. In addition to our facility we are developing a network of specialists, hospitals and other diagnostic centers to assist us in taking care of your needs. Rest assured, a visit to your Health & Wellness Center will be an exceptional experience. We are dedicated to PBCFR employees and their families to ensure a healthier quality of life. The Center hopes to be your primary care provider and the gatekeeper for all of your medical needs.

Health & Wellness Center Staff



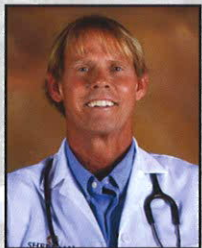
Leigh Clarke
Operations Manager



Dr. John Villa
Medical Director



Susan Collins PA-C



Brad Burdette PA-C



Neisy Rubio, MA



EMPLOYEE BENEFITS FUND

Routine Services Offered

Annual Fire Department Physicals
Return to Work Physicals
Full Service Family Medicine/Practice and
Routine Health Maintenance

Physicals

Wellness Exam
DOT Exam
Preoperative Exam
School Exam
Sports Exam
Well Woman Exam

Chronic Disease Management

Hypertension
Diabetes
Thyroid Disease
Weight Management
Orthopedic Problems
Hormone Analysis and Replacement

Special Direct Procedures

Full Digital X-Ray
Full Laboratory (blood draws on premise)
IV Therapy for Dehydration
Basic Ultrasound Services (Coming Soon)
Treadmill Stress Testing and 12 lead EKG
Spirometry/Pulmonary Function Testing
Audiology Testing
Class IV Laser Therapy (Coming Soon)

Urgent Care Services

Flu, Coughs & Colds
Sore Throats
Fever
Ear Infections
Childhood Illnesses
Nose Bleeds
Ear Wax Lavage
Eye Infections

Dermatology Procedures
Heavy Metal Testing
Minor Injuries & Burns
Laceration Repair
Abrasions
Pregnancy Test
Fracture Care & Sprains
Splinting & Bracing
Abdominal Pain
Urinalysis/Urinary Retention

Sunburn
Asthma
Nebulizer Treatments
Rash/Allergic Reactions
Child Immunizations (age 8 & up)
Adult Immunizations
Influenza Vaccinations
Shingles Vaccinations (age 50 & up)
Joint Injections/Aspirations
Pediatrics (ages 2 and up)

And many other similar services

PHARMACY ON SITE!

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Finance Director

Dr. John Villa
Medical Director



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Interesting Facts

- Hospital Grade Air-Scrubbing System from Trane * eliminates viruses, bacteria, mold
- Building is Hurricane Category 5 rated with a backup generator keeping the building operational for up to two weeks
- Relay Health Patient portal allows you to have 24 hour access to your medical records
- Interior IT room rated to withstand 250 MPH winds, keeping your medical records safe and secure, additionally all data backed-up off site every night
- Facility is under 24 hr surveillance except for the interior of the Clinic
- All services received at the Health & Wellness Center are 100% FREE including medications dispensed

Se Habla Español