

# School Districts of Cudahy and South Milwaukee Health & Wellness Centers



## Working together to help you stay healthy

### About us

The School Districts of Cudahy and South Milwaukee Health & Wellness Centers, in partnership with Ascension Wisconsin, work with you to help you achieve health and wellness goals by providing services ranging from primary and preventive care, chronic disease management, wellness services and health coaching.

All services are available to School District employees and their dependents (ages 2+) covered under the health plan.

### What sets us apart

The Health & Wellness Centers provide accessible health and wellness resources that improve the well-being of employees and their dependents. The Health Center staff provides high quality care to treat, reverse and prevent disease that match each individual's needs.

### Services offered

The Health & Wellness Centers can serve as your primary care provider or will work in collaboration with your established primary care physician. The Health Centers provides comprehensive services including:

### Clinic visits

- Annual physical exams/wellness exams
- Sports physicals
- Sick visits
- Onsite medication prescribing and dispensing (available at South Milwaukee only)\*

### Wellness services and health coaching

- Chronic condition management education
- Dietitian/nutrition consultation
- Smoking cessation
- Weight loss

### Preventive exams and health screenings

- Breast cancer
- Cervical cancer/PAP smear
- Prostate cancer
- Blood pressure checks
- Oxygen saturation checks
- Skin cancer

*\* All patients must schedule an appointment at the Health Center and establish a relationship with the onsite NP prior to having prescriptions filled for the first time. This is standard protocol when a new provider is involved.*



# Convenient care when and where you need it



## Laboratory & point-of-care testing

- Blood work ordered by onsite providers
- Urinalysis
- Hemocult blood stool testing
- Influenza A and B quick testing
- Quick strep test
- Mono test
- Pregnancy test
- TB test
- Blood glucose

## Procedures

- Wart removal
- Ear wax removal
- Suture/staple removal
- Minor wound care

## TWO CONVENIENT LOCATIONS

### South Milwaukee

1001 15th Avenue, Door #56  
South Milwaukee, WI 53172  
t 414-766-5878

### Cudahy

3501 E Ramsey Avenue  
Cudahy, WI 53110  
t 414-486-2233

### Hours of operation

- Monday 12-5 p.m.
- Tuesday closed
- Wednesday 8 a.m.-12 p.m.
- Thursday 12-5 p.m.
- Friday 7-11 a.m.

### Hours of operation

- Monday 7-11 a.m.
- Tuesday 1-5 p.m.
- Wednesday 1-5 p.m.
- Thursday 7-11 a.m.
- Friday 12-2 p.m.

To learn more or to schedule an appointment, call or visit [getascensioncare.com/employer-wellness/sdsmwellnesscenter](https://getascensioncare.com/employer-wellness/sdsmwellnesscenter)



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Cudahy & South Milwaukee  
**Health & Wellness Center**



**Ascension**

Ascension Wisconsin