



Welcome!

Vera Whole Health is an independent health care clinic, and a new, additional benefit available to employees of the City of Flagstaff, Coconino County, Coconino Community College, Coconino Accommodation School District, Flagstaff United School District, and the Northern Arizona Intergovernmental Public Transit Authority. You, your spouses and dependents (ages 3 and up) on the NAPEBT health plan will be able to start using the clinic this fall when remodeling is complete.

Vera clinics are independently operated from all employers listed above, and are HIPAA compliant, which means that all your medical information is kept confidential.

Look for more detailed information over the next month as we get closer to the grand opening.

Services



Preventive Care

- Annual whole health visit
 - Biometric screening
 - Provider visit
 - Health survey
 - Health coaching
- Physical exams
- Blood pressure screens
- Fitness and nutrition
- Immunizations and routine injections
- Stress management



Primary Care

- Episodic sick care
- Chronic disease and prescription management
- Provider-dispensed medications
- Coordination of specialty and acute care
- On-site labs
- Pediatrics



Acute Care

- Suturing / basic wound care
- Sprains and strains
- Rashes
- Infections
- Asthma exacerbations
- Colds/Upper respiratory infections
- Treatment of on-site injuries
- Employment screening/ pre-employment physicals
- DOT testing
- Drug screening
- Workplace safety
- Integrated care coordination

Quick Facts

- ✓ **Vera Whole Health saves you time and money.** All preventive care is free, including biometric screenings and annual physicals.
- ✓ A large number of generic preventive medications can be dispensed at no cost to you.
- ✓ Most acute care appointments can be made on the same or next day by phone.
- ✓ **Providers can spend time with you. No rushed appointments.**

Hours of operation

Monday	6am-5pm
Tuesday	9am -7pm
Wednesday	9am-7pm
Thursday	9am-7pm
Friday	7am -4pm
Saturday	8am-1pm

You can expect to receive more exact service information and details over the next couple months, including a comprehensive welcome packet which will let you know how to get the most from your new clinic.

Frequently Asked Questions

Q: Does Vera accept same day appointments?

A: Yes, as available. Most acute visits can be scheduled same and next day. Annual visits and longer appointments may need more scheduling flexibility.

Q: Will my personal health information be secure?

A: Yes, Vera Whole Health will function as any other private care provider and will keep your health information confidential. NAPEBT will not have access to your health information.

Q: How does my medical insurance work with Vera's services?

A: Depending on your plan, you will either pay nothing or a small fee to use the Vera clinic. The small fee is for High Deductible Health Plans, but remember, between your employer contribution and your participation in the wellness program you'll have hundreds of dollars in your Health Saving Account. Plus, it's likely you'll even be able to walk out of the clinic with your Vera-prescribed medication at no cost.

Location

The new clinic in Flagstaff is located at 1500 E. Cedar Ave., Suite 80.



Vera is the easiest, fastest way to earn your \$360 Wellness Incentive

You can earn most of your maximum 25 wellness points at Vera

Vera Whole Health is a new and exciting benefit that offers you convenient, comprehensive care all in one place. It's staffed full time by a full medical team: doctors, nurses, medical assistants, health coaches, and even a physical therapist. Which means it's not only a great place to get care, but Vera offers enough services that you can earn most of your wellness points there as well. Look for more details in the next couple months.

Personalized, Face-to-Face Health Coaching

One of the best, free services we offer you is health coaching. Our coaches are certified experts in the transtheoretical behavior change model. Whether you need help to improve your nutrition or fitness, stop smoking, manage stress, or carve out more time for your family, our coaches will help you set and achieve your goals by co-creating a plan that fits your lifestyle.

