

# News from the School District Clinic

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Aspirus Occupational Health/Primary Care

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## Happy Summer!

Welcome to the first edition of the Aspirus School District of Rhinelander Clinic newsletter. I wanted to take this opportunity to introduce myself to those of you I might not have met yet and say thank you to those of you whom I've already met for being so welcoming. My name is Ashley Seiler. I am a Family Nurse Practitioner and the new permanent provider here at the Aspirus School District of Rhinelander Clinic. I come with 6 years of experience working in Family Practice and am able to see ages newborn to adult. I am looking forward to getting to know all of you better.



Health coaching sessions have been underway and in my opinion very successful. I enjoy working with individuals to improve their overall health. I find often times that many of us know what to do; it's just a matter of finding the motivation and sticking to it! So, if I can help you stay accountable; feel free to check back in at any time even after your health coaching session(s) are completed. No appointment would be necessary for a quick blood pressure or weight check. **Just a reminder that your final health coaching session needs to be completed by July 31<sup>st</sup> to qualify for your health insurance incentive.**



Also, summer is the perfect time to schedule your annual preventative exams, medication reviews, and well child exams/sports physicals. I am happy to provide these services at the district's onsite clinic.

## Summer Clinic Hours

Summer hours are in effect June 13th-August 19th:

- **Monday: 11am-2pm**
- **Tuesday: 12pm-2pm**
- **Wednesday: 11am-2pm**
- **Thursday: 12pm-2pm**
- **Friday: 12pm-2pm**

## Scheduling an Appointment

The best way to schedule is online through MyAspirus (<https://myaspirus.org/MyChart/>).

If you've lost your access code, let it expire, or did not receive it, you may contact our **MyAspirus Patient Support Line at 888-692-7740** to request a new, secure password. After we verify your information, a new code will be sent via U.S. Postal Mail. Privacy issues prevent us from e-mailing a new access code to you.

If unable to obtain an appointment that way, you may stop by the clinic or call the **Aspirus Rhinelander Main Clinic at 715-361-5480.**



## MyAspirus Frequently Asked Question:

*Can I view a family member's health record or schedule an appointment for my child through MyAspirus?*

**Yes you can!** This is called Proxy access and allows a parent (or guardian) to log into their personal MyAspirus account, and then connect to information regarding their family member. Complete a Proxy Consent Form (<https://myaspirus.org/MyChart/en-us/docs/MyAspirusFamilyAccess.pdf>) and return it to one of our medical facilities to request access to this convenient service.

# Happy Father's Day

I also wanted to take time to wish the fathers on this mailing list a Happy Father's Day, Sunday June 19th!



June happens to be Men's Health Month. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Below is a link to interesting men's health facts.

<http://www.menshealthnetwork.org/library/menshealthfacts.pdf>

If you have any questions pertaining to this information, please feel free to contact me through your MyAspirus account or stop by the clinic.

### Upcoming events:

SDR Mobile Mammogram  
Friday, August 26<sup>th</sup>

For an appointment, please call **1-866-672-5133**

This service is free of charge to all employees and spouses on the district's health insurance.