

# Enjoy Health Services at No Cost to You.

The School District of Rhinelander Employee Clinic offers **HEALTH SERVICES** to you and your dependents that are covered by the school district health insurance plan at no cost to you.



**Ashley Seiler, APNP**  
Family Nurse Practitioner

*"I strive to build strong relationships with my patients and pride myself in taking care of them like I would my own family."*

To schedule an appointment with Ashley, visit [myaspirus.org](http://myaspirus.org) or call **715.361.5480**.

## Services Available:

- Acute Care
- Primary Care
- Basic Labs
- Health Coaching
- Care Management of Chronic Conditions
- Referrals as needed

## Hours:

- **Monday:** 3:00 pm – 5:30 pm
- **Tuesday:** 11:00 am – 1:00 pm
- **Wednesday:** 3:00 pm – 5:30 pm
- **Thursday:** 11:00 am – 2:00 pm
- **Friday:** 2:30 pm – 4:30 pm



## Counseling services available at no cost to you.

In addition to health services, counseling services are also available to all School District employees and their dependents that are covered by the school district health insurance plan.

### Counseling services are available for the following concerns:

- Anxiety
- Depression
- Stress Management
- Chemical Dependency Issues/Addictions
- Child & Adolescent Issues

Counseling services are available for additional concerns as well for children and adults.

### Hours:

- Monday, Wednesday, Thursday, Friday:  
8:00 am – 4:30 pm
- Tuesday: 12:30 pm – 4:30 pm



### Steven P. Kuhn, MS, LPC-SAS Licensed Professional Counselor Substance Abuse Specialist

*Steve's goal is to work with his people to help them overcome obstacles and challenges by choosing the best course of action for resolution.*

If you feel you or a family member can benefit from counseling services, please call **800.236.4457** for more information or to schedule an appointment.