Wellness Center

In partnership with Ascension St. Vincent, the CCS Wellness Center provides high-quality, low or no-cost healthcare and mental health services to employees and their families covered by a CCS health plan. Additional information about services and vendors is available on the CCS Benefits webpage (/fs/pages/3952).

WELLNESS CENTER PHONE NUMBER:

Call us for immediate needs or to seek an appointment earlier than listed online. 317-571-4651 (tel:317-571-4651)

- **MAKE AN APPOINTMENT (HTTPS://HEALTHCARE.ASCENSION.ORG/SCHEDULING/EMPLOYER-WELLNESS-CLINICS/CONTEXT/7598/LOCATIONS/1257/ASCENSION_ST_VINCENT_CARMEL_CI**

- **PATIENT PORTAL (HTTPS://7598-1.PORTAL.ATHENAHEALTH.COM/)**

- **NEW PATIENT FORM (HTTPS://EMPLOYERWELLNESS.ASCENSION.ORG/INDIANA/CCS-WELLNESS-CENTER/-/MEDIA/PROJECT/MICROSITES/IN-CARMEL-CLAY-SCHOOLS-EMPLOYEE-WELLNESS-CENTER/DOCUMENTS/PATIENT-INFORMATION-HIPAA-CONSENT-TO-SHARE-FORM.PDF)**

- **FITNESS CLUB (/FS/PAGES/3607)**

Services

View Complete List of Services (https://docs.google.com/document/d/1cCKfCiOmwKjWUranx3FlixmMUUwm-vHOUkHeirw2BBo/preview)

Behavioral Health (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/behavioral-health)

Cardiac Care (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/cardiac-care)

Concierge Nurse (UnitedHealthcare) (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/physical-therapy-1753448606702)

Dietician (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/dietician)

Lab (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/financial-health-1703174466563)

Lifestyle Coach (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/lifestyle-coach)

Orthopedic Care (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/orthopedic-care)

Pharmacy (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/pharmacy)

Physical Therapy (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/womens-health-1708698523867)

Physicals (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/physicals)

Routine Wellness Care (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/routine-wellness-care)

Telehealth (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/telehealth)

Women's Health (https://www.ccs.k12.in.us/services/human-resources/ccs-health-wellness/wellness-center/~board/wellness-center-services/post/lab-1703174782764)

Location/Hours

Wellness Center

ADDRESS:

515 E. Main St Suite 101 Carmel, IN 46032

(https://www.google.com/maps/dir//515+E+Main+St,+Carmel,+IN+46032/@39.9778625,-86.2020601,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x8814ad5b5b76c86.1196592!2d39.9778917?entry=ttu)

PHONE NUMBER

317-571-4651 (tel:317-571-4651)

FAX NUMBER

317-571-4381

Physical Therapy

ADDRESS:

515 E Main St Suite 122 Carmel, IN 46032

(https://www.google.com/maps/dir//515+E+Main+St,+Carmel,+IN+46032/@39.9778625,-86.2020601,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x8814ad5b5b76c86.1196592!2d39.9778917?entry=ttu)

Enter through Door 1, Select PT on the directory and walk all the way to the back. Last clinic on the left.

PHONE NUMBER:

317-571-4635 (tel:317-571-4635)

HOURS

- Monday: 9:00 am - 6:00 pm
- Tuesday: 9:00 am - 6:00 pm
- Wednesday: 6:30 am - 1:00 pm
- Thursday: 9:00 am - 6:00 pm
- Friday: 6:30 am - 1:00 pm

For acute issues when appointment (https://inind-st-vincent-ebc-carmel-ascensionhealth.inquicker.com/ascension-st-vincent-wellness-center-515-e-main-st/discharge/family-medicine) times are unavailable, please call (tel:317-571-4651) to schedule.

HOLIDAY CLOSURES:

- April 8-10
- May 25
- July 3
- September 7
- November 26-27
- December 24-25, 31
- January 1

FAQs

Will the Wellness Center share my personal medical information with my employer?

No. Your privacy is protected and the services provided are strictly confidential by law under the Health Insurance Portability and Accountability Act HIPAA).

Is the CCS Wellness Center a walk-in office?

No. While appointments are required at the wellness center, same-day appointments, if available, can be scheduled. For an appointment, call the wellness center at 317-571-4651 or schedule online (https://inind-st-vincent-ebc-carmel-ascensionhealth.inquicker.com/ascension-st-vincent-wellness-center-515-e-main-st/discharge/family-medicine).

How long will it take for my refill request to be completed?

Once you submit your request for a medication refill, the request is reviewed by the wellness center provider. While we do our best to complete refills the same day, please allow 48 hours for refills. You will be notified when your refill has been completed.

The wellness center also offers a mail order prescription program for maintenance medications written by the wellness center providers. These medications are mailed directly to your home. The mail order program is administered by the center's pharmacy partner, Sav-Rx pharmacy, at no cost to you. To learn more about the mail order program, please visit the Pharmacy tile under Services or contact the wellness center at 317-571-4651 (tel:317-571-4651).

What do I need in order to refill my medication?

All patients should be seen in our office at least once per year in order to have medication requests filled at the wellness center. Certain health conditions require patients to be seen at different intervals. This could require you to have an office visit every three or six months. Certain health conditions also require laboratory testing to be completed every six months.

How often should I see a physician at the CCS Wellness Center?

All patients should be seen in our office at least once per year. Certain health conditions may require patients to be seen at closer intervals.

How long will my appointment take?

Appointment times vary depending on the visit type. A new patient appointment will take approximately 40 minutes to complete. If you are coming in for sick visit, the appointment will take approximately 20 minutes. Appointments with our dietitian and exercise physiologist will take approximately 30 minutes. These times vary from patient to patient.

What should I bring to my first appointment?

Please bring your insurance card, driver's license/photo ID, and current medication list including dosages. During your first appointment, you will be asked to complete new patient forms including a medical history form requesting a list of previous and/or current providers, surgeries, colonoscopies, mammogram/pap smear (if applicable), etc.

How much does it cost to use the Wellness Center?

There is no out-of-pocket cost to you for services offered by the wellness center.

Does the Wellness Center offer pharmacy services?

Yes. Approximately 100 commonly used generic medications are available at no out-of-pocket cost to you. Prescriptions written by the wellness center providers for these "in-formulary" medications will be dispensed whenever possible. If you need a prescription that is not available on the wellness center formulary, you will receive a written prescription to take to your local retail pharmacy.

Can the CCS Wellness Center refill medications prescribed by outside doctors?

Only medications prescribed by the wellness center providers can be filled through the center. However, some exceptions may apply. Contact the wellness center at 317-571-4651 (tel: 317-571-4651) if you have questions regarding your medication and the ability to have it filled at the wellness center.

Can I still use the Wellness Center if I already have a doctor?

Yes, if you sign an annual consent/release form (/fs/resource-manager/view/6d6650e2-870d-4b85-985f-955bf3ff295c), the wellness center will share the appropriate information regarding your visit with your doctor(s). Access your records through the Athena Portal (https://7598-1.portal.athenahealth.com/).

Can I have labs drawn at the wellness center that were ordered by

an outside doctor?

Only labs ordered by the wellness center providers can be drawn at the center.

What if I need to see someone when the Wellness Center is closed?

If you have a medical emergency, call 911 or go to the nearest emergency room. For after-hours care, Carmel Clay Schools offers telehealth medicine through First Stop Health, 24/7. Call 888-691-7867 (tel:888-691-7867) or visit fshealth.com (http://fshealth.com) to set up an account and request an appointment.

Can I bring my children to the Wellness Center for care?

Yes. If your children are included in your health plan, then they are eligible to receive services at the center. We do require that children under 12 still have an outside pediatrician. For children 12 and older, we recommend that they keep seeing their pediatrician, but in most cases this is not required.

Staff

Medical Providers

ELISABETH PROSSER

Dr. Prosser received her Medical Doctorate from Wright State University School of Medicine. She is board certified in family and lifestyle medicine.

MEGAN VANNATTA

Dr. VanNatta received her Medical Doctorate from Indiana University and completed her residency at Loyola University Chicago. She is dual certified in internal medicine and pediatrics.

FILIP DRAMBAREAN

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BREE SIMMONS

Dr. Simmons received her Medical Doctorate from Penn State University College of Medicine. She completed her residency in family medicine at St. Vincent Indianapolis and her sports medicine fellowship at Wake Forest University.

JENNIFER HARTMAN

Ms. Nelson received her Master's in Nursing from Purdue University in 2010. She is board certified as an Adult Nurse Practitioner.

Jennifer is available for well women exams (Pap exams), contraceptive management, menopause care, and osteoporosis screening and management. She is also skilled in the evaluation of any breast concerns and offers cancer genetic testing in office for both men and women.

Behavioral Specialists

Travis Nelson, LMFT has been providing therapy in a variety of settings for over fifteen years. Travis specializes in family therapy, couples counseling, adolescents, and LGBTQ+. Travis also has extensive experience working with blended families, Co-Parenting, Reunification Therapy, and trauma.

MARIA DYKEMA

Maria is only available for virtual appointments.

Maria grew up in Europe, and her native language is Hungarian. She has her undergraduate degree in education, and before pursuing graduate studies in counseling, she worked as a teacher in a Montessori School. Maria received a Master's Degree in Counseling from Cornerstone University, Grand Rapids, Michigan, and completed post-degree studies at Indiana Wesleyan

University. She has been working at Ascension St. Vincent Stress Center since 2011 in acute inpatient and intensive outpatient care settings, serving individuals across the lifespan. Her expertise includes providing assessments, crisis intervention, group counseling, individual counseling, helping with mood disorders, and substance abuse issues.

HEATHER PINKERTON

Heather received her Master's Degree in Social Work from Indiana University.

She began her work supporting cancer survivors as they navigated life from diagnosis through treatment. She then transitioned to work with adolescents and families in acute inpatient and outpatient settings at the St.Vincent Stress Center. Heather's expertise includes assessments, crisis intervention, individual and group work, mood disorders, anxiety, depression, family systems, relationships, and life transitions.

JAMES LEE

James Lee, LMFT received his Master's Degree in Couples and Family Therapy from Adler University. He has been working at Ascension St. Vincent Stress Center since 2018 where he has worked with all populations in both acute inpatient and outpatient settings. His expertise includes crisis intervention, assessments, anxiety, mood disorders, family systems, and relationships.

MARLA ROSENWINKEL

Marla Rosenwinkel, LMHC, received a Master's Degree focused in Mental Health Counseling from Ball State University in 2010. She has been working at Ascension since 2019 and has a variety of experience in mental health settings prior to joining the Stress Center team. Marla's expertise includes counseling individuals with depression, anxiety, grief/loss, difficulty with life transitions, postpartum/perinatal adjustments, insufficient self-worth, addiction issues, disordered eating, and relationship difficulties.

KATIE SULLIVAN

Katie is a Licensed Clinical Social Worker and received her Master of Social Work from Indiana University. She obtained her undergraduate degree in business and a masters degree in Business Administration. Katie received her Master of Social Work from Indiana University. She has been working at Ascension St.Vincent Stress Center since July, 2023 and previously worked for the Archdiocese of Indianapolis and Fairbanks Recovery Center. Her expertise includes providing individual counseling for children, teens and adults struggling with anxiety, depression, trauma, grief, life transitions, and parenting dilemmas.

Katie resides in Indianapolis and loves spending time with her children and pets. She enjoys exploring the outdoors, especially hiking and backpacking.

Physical Therapists

LYNNE NEIERS

Lynne is an orthopedic physical therapist with over 15 years of experience with Ascension St. Vincent Hospital. Dr. Neiers is board-certified in orthopedic clinical specialty by the American Physical Therapy Association. She provides individualized care for patients with acute, sub-acute and chronic orthopedic injuries, as well as sport and overuse injuries to patients of all ages. Dr. Neiers has a special interest in manual therapy techniques and joint mobilizations, in combination with movement impairment and functional exercise interventions to promote holistic, healthy living. She is a strong believer in evidence-based practice to include patient values and expectations with research and clinical experience. Lynne treats a wide variety of patients with manual therapy. She also shows her patients progressive exercises that can be performed in the clinic and independently at home in order to return to their favorite activities.

MOLLY ELGIN

Molly is an outpatient adult rehabilitation clinical supervisor, as well as a physical therapist with over 9 years' experience with Ascension St. Vincent in partnership with PT Solutions. Dr. Elgin is board-certified in Orthopedic Clinical Specialty (OCS). Molly received her Doctorate of Physical Therapy at St. Ambrose University. She provides an extensive array of manual therapy interventions as she has a background as a massage therapist. She continuously is taking courses for continuation advancement of these skills. Recently, she has become certified in functional trigger point dry needling, Instrument Augmented Soft Tissue Mobilization (IASTM), Functional Movement Screen (FMS), and Functional Capacity Screen (FCS). She also provides customized therapeutic exercises during the one-on-one session to patients of all ages with various orthopedic and sports medicine injuries.

Dr. Elgin has a special interest in the treatment of acute orthopedic and sports injuries. Molly enjoys treating joint pain or dysfunction of the shoulder, hip, knee and foot/ankle. She is a strong believer in the three areas of evidence-based practice: patient values and expectations, current research, and experience. She strives for continuity of care by delivering patient focused care.

Lifestyle Specialists

JANE GOODER

As a registered dietician with a Master's degree in Nutrition Education for over 20 years, Jane offers evidence-based, lifestyle food choices that are delightful, healthy and individually tailored to each patient's life. Working with people of all ages, Jane listens to each patient to develop an individualized and realistic food preparation and eating plan. It's her joy to support patients in their journey of health with an emphasis on lifestyle behavioral therapies that work towards the reversal or prevention of disease.

EMILY BURGESS

Emily Burgess is a certified strength and conditioning specialist through National Strength and Conditioning Association (NSCA), with over 15 years experience with Ascension St. Vincent and Collegiate Athletics. She received her Bachelors degree in Exercise Science from Slippery Rock University and her Masters of Science degree in Human Performance/Injury Prevention from California University of Pennsylvania. Emily's Philosophy is to Assess, Educate and Execute. She takes passion in facilitating a growth mindset in her patients. And with that she is described as a Teaching specialist who relies heavily on the education of lifting techniques, progressions, movement, nutrition, volume control, sleep and readiness.

Nurses

JULIA THERIOT

Originally from St. Louis, MO, Julia graduated from Vanderbilt University in Nashville, TN with a Bachelor of Science in Nursing. She has extensive pediatric and adult nursing experience, having worked in hospitals in Atlanta, GA, Nashville, TN, St. Louis, MO and San Diego, CA. She also worked for Abbott Laboratories in a clinical consultant role and as a sales representative,

and prior to coming to the CCS Wellness Center she worked at Ascension St. Vincent Hospital, Indianapolis, IN on the orthopedic, spine, and trauma floor.

SHEENA HALL

Sheena comes from a large family and grew up in Roachdale, Indiana. She graduated from MedTech College with her LPN. Sheena has nine years of experience in nursing. She has worked in long term care, rehab to home, adolescent medicine and gender health.

LISA STEVENS

Originally from northwest Indiana, Lisa has been a nurse for over 30 years. Her nursing education includes a Bachelors of Science in Nursing from Valparaiso University and a Masters of Science in Nursing from Indiana University. Lisa has worked in diverse health care settings in orthopedics, adult health and pediatrics. Lisa has been a nurse with Ascension St. Vincent since 2013 when Carmel Clay Schools began their partnership with Ascension St. Vincent for nursing services. For eight years, Lisa provided school health nursing at Forest Dale Elementary in Carmel before joining the team at the Wellness Center in July 2021. Lisa feels very fortunate to be a part of this team of health care professionals caring for the health and well-being of the CCS employees.

Testimonials

Select the photo to read Wellness Center testimonials from CCS Staff Members!

No post to display.

Events & Classes (CCS Insurance Not Required)

Stay tuned!

Mobile Mammogram Information

MOBILE MAMMOGRAM INFORMATION (HTTPS://WWW.CCS.K12.IN.US/FS/COMMS-MANAGER/VIEW/F77322D1-982F-44DF-A9AF-C72030E457B7)

Mobile Mammograms - Now Booking!

All appointments are between 9 am - 3 pm

- THURSDAY, OCTOBER 16 @ FOREST DALE
- WEDNESDAY, NOVEMBER 5 @ CREEKSIDE MS
- FRIDAY, NOVEMBER 7 @ CARMEL HS
- MONDAY, DECEMBER 15 @ ESC

Please call the Ascension St. Vincent Breast Center Scheduling Line at 317.338.9595 (tel:317-338-9595) to schedule your appointment. When calling, please inform the operator that you are calling from CARMEL CLAY SCHOOLS to schedule an appointment on the mobile unit on the specified date and time.

Carmel Clay Schools Staff Wellness Center

CarmelClaySchools



Watch on