



# IUOE LOCAL 542 HEALTH CENTER

October 2021

The Welfare fund is excited to announce the opening of the **IUOE Local 542 Health Center**. We've partnered with ACTIVATE, the union division of Everside to run the Health Center.

The Health center is the same as a family practice or your standard doctor's office, *except all services are free* including prescriptions dispensed during your appointment at the Health Center.

The Health Center is available to eligible members and their dependents (over 2 years old). Please note: we are not able to treat Medicare patients at this time.

**All visits need to be scheduled in advance.** Currently we are not accepting walk-in appointments. Virtual visits are also available; you will need an email account for virtual visits.

Do you have a prescription for blood work? The Health Center can draw your blood and send it to the lab for you. No Co-Pays; saves you and the Welfare Fund money!

**\*\*\* DOT Physicals are available at the Health Center \*\*\***



**To schedule an appointment please call: 866 - 211 - 1797**

[See other side for more information.](#)

# About your health center

IUOE Local 542 Health Center  
1375 Virginia Dr.  
Fort Washington, PA 19034  
866-211-1797



**IUOE LOCAL 542  
HEALTH CENTER**

## Meet your providers



### **Ellen Frazier, CRNP, FNP-C**

Ellen has been a nurse practitioner for over 15 years with the majority of her career spent in family medicine. She has a bachelors degree in nursing from Penn State University and a masters degree in nursing from Thomas Jefferson University. In her spare time she enjoys running, watching college/professional sports, and cheering her kids on at soccer. Ellen lives in Eagleville with her husband, two girls, and one crazy puppy. She's looking forward to working with the IUOE 542 members.



### **Christina Hess-Avery, RN, BSN**

Christina was born and raised in Southampton, PA and currently resides in North Wales, PA. Christina attended the nursing program at Bucks County Community College in Newton, PA. From there, she began working at Lehigh Valley Hospital in Allentown. During her time at Lehigh Valley, she gained experience from the observation unit and the operating room/trauma unit. Her great interest for trauma/emergency care led her to working at Einstein Medical Center in Philadelphia. Christina has a huge passion for health, working out, and staying healthy. She loves traveling and seeing new places, spending time with her family/friends, music, and trying new foods! She is excited to meet/care for the Local 542 group!

## Services

### **Comprehensive primary care**

- Acute care
- Cold/Flu
- Nausea/Vomiting
- Headaches/Migraine
- Sinus infections
- Earaches & infections
- Sore throat & strep
- Allergy shots
- DOT Physicals
- Johns Hopkins Health Care programs for cancer advocacy, diabetes management and mental health

### **Quality of care**

- All covered services received at the health center are FREE
- No-cost onsite lab work
- Select no-cost onsite generic medications
- Time to address your needs

## Hours

**Mon.** 8 a.m. – 4:30 p.m.

**Tue.** 8 a.m. – 4:30 p.m.

**Wed.** 10 a.m. – 6:30 p.m.

**Thu.** 8 a.m. – 4:30 p.m.

**Fri.** 8 a.m. – 4:30 p.m.

Make an appointment today.

**866-211-1797**

**ACTIVATE**  
by **everside** HEALTH™