

2025 WELLNESS INITIATIVE PROGRAM



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Stephanee Phillips, BS, PAPHS, CHES®

Wellness@CharlotteCountyFL.gov

Office: 941.764.4927

Cell: 407.413.0010

Website: <https://Wellness.CharlotteCountyFL.gov/>

Have you checked out the Wellness at Work website? Available 24/7. Find all the latest programs and challenges available to you. <https://wellness.CharlotteCountyFL.gov>

For Newly Hired Employees		
2025 Hire Date	Program Eligibility	Incentive Funds
January 1 – July 31	Able to complete entire Wellness Initiative program and nicotine testing	Earn up to \$500 each per employee or covered spouse
August 1 – December 31	Wait for 2026 Wellness Initiative Program	In 2026, eligible to earn up to \$500 each per employee or covered spouse
Please note: New Hires in July will have 30 days to complete the nicotine test and the Wellness Initiative Program		

Charlotte County Wellness Initiative Program

The Wellness Initiative Program is a voluntary program that is offered to all employees and their eligible spouses on the County’s insurance. Charlotte County will contribute up to **\$500 annually** to each employee (and spouse covered on the insurance plan) who participates in the Wellness Initiative Program. If both employee and eligible spouse participate in the program, each could earn the \$500 incentive up to a maximum of \$1,000 (single parents with children can earn a maximum of \$750).

WELLNESS INITIATIVE PROGRAM

Step 1 and 2 will qualify for the initial \$100.

Step 1: From 3/1/2025 to 7/21/2025, Vital Health Profile (VHP), Bloodwork, and Nicotine Test

Reminder to complete nicotine test each year.

Please select to Lab - Annual VHP Labs

Step 2: From 3/1/2025 to 7/31/2025, follow-up with the Employee Health Center to review results with a MD, DO, or ARNP either in-person or televisit (virtually) and choose one option:

Please select to medical appointment - ANNUAL VHP PHYSICAL

Option 1	Option 2	Option 3
Meet Healthy BMI <25 or Ideal Height to Waist	Final Weigh-In From 9/1/2025 to 9/30/2025	Alternative Wellness Standard Must complete tracking sheet and documentation by 9/30/2025 and send to Wellness@CharlotteCountyFL.gov
\$400	See Below	Page 4

Option 1 - Height to waist chart or BMI calculator:

<https://wellness.charlottecountyfl.gov/Pages/wellness-initiative.aspx>

If an individual meets healthy Body Mass Index (BMI) <25 or Ideal Height to Waist, this will be stated at the follow-up with the Provider.

Option 2 - Final Weight-In Period

The weigh-in period to determine weight lost will be September 1 to September 30, 2025. No weigh-in for official weight loss will occur outside of this timeline. **Weigh-In one time only – No appointment necessary. No intermittent weigh-ins allowed.**

From beginning weight from your bloodwork appointment:

Lose 2 – 2.9%..... \$100

Lose 3 – 3.9%..... \$200

Lose 4 – 4.9%..... \$300

Lose 5% or achieve BMI of <25 ... \$400

Check out the Interactive Weigh-in Chart & BMI Calculator

Ideal Waist to Height Ratio Chart on <https://wellness.charlottecountyfl.gov/Pages/wellness-initiative.aspx>

Option 3 - Alternative Wellness Standard

If you are unable to achieve any of the health outcomes required to earn an incentive, you may be entitled to a reasonable accommodation, such as the Alternative Wellness Standard. You may also choose to participate in the Alternative Wellness Standard. See page 3 for more details. Complete by 9/30/2025. If you choose to complete the Alternative Wellness Standard, contact Stephanie Phillips, Wellness@CharlotteCountyFL.gov

Charlotte County Wellness Initiative Program

ALTERNATIVE WELLNESS STANDARD			
Reporting: (maximum 300 pts)		Self-Reporting: (maximum 100 pts)	
Wellness Programs...100 pts Omada Book Club Saving Challenge Pages - Challenges, Classes & Activities (charlottecountyfl.gov)		Cigna EAP webcast...20 point each Pages - Health & Wellness Benefits (charlottecountyfl.gov)	
My Health Onsite 12 week Weight Loss Program (offered quarterly)...200 pts		Volunteering...25 pts per project or hour (American Heart Association, American Red Cross, Habitat for Humanity, American Cancer Society, UnitedWay or a place of your choosing.)	
My Health Onsite Wellness VIP Program (required two - 40 minute sessions with the MHO Wellness Team....150 points. (over 30 free wellness programs available)		Community Races...20 pts each (Heart Walk, Dragon Boat Race, or race of your choosing.) Find & Register for Races, Local Events & Things to Do ACTIVE	
My Health Onsite Wellness Presentation Webinars... 50 points per presentation topic Pages - My Health Onsite Wellness Programs (charlottecountyfl.gov) (Complete test and submit documentation)		OneBlood blood drive...15 points each donation Donate Now OneBlood OneBlood	
		Educational Articles...10 points each Pages - Wellness Articles, Healthy Recipes & Videos (charlottecountyfl.gov)	
Fitness & Physical Activity...100 pts for 5 classes or sessions Includes: - Virtual classes, gym sessions and classes - Charlotte County Recreation and Aquatic Centers - Cigna Active and Fit - Fitness Classes by Wellness at Work - Visiting your own gym		Exercising breaks (15-20 minutes)...10 points each (take a photo or track via a wearable device like fitbit, garmin, and etc.)	
MHO How to Achieve Your Goals – 4 week series...50 points.			
100 Points: \$100	200 Points: \$200	300 Points: \$300	400 Points: \$400

To record points earned, please complete the Alternative Wellness Standard tracking sheet and provide documentation of ALL programs completed via email to Stephanie Phillips, Wellness@CharlotteCountyFL.gov by September 30, 2025.

Tracking Sheet located on: <https://wellness.charlottecountyfl.gov/Pages/HRA-Wellness-Alternative-Program.aspx>

ALL PROGRAMS COMPLETED and EMAILED BY SEPTEMBER 30, 2025

Questions about the Wellness Initiative Program? Contact Stephanie Phillips, Wellness@CharlotteCountyFL.gov

For more detail and information, visit the Wellness at Work website (24/7 access):

<https://wellness.charlottecountyfl.gov/Pages/wellness-initiative.aspx>

Tobacco Premium Waiver

Employees are eligible to obtain a wavier of \$50.00 per month of their Health Insurance Premium. **ONLY** Employees must participate in the program to qualify for the premium wavier.

How to Qualify for the Premium Waiver

Only the employee must complete a nicotine test between March 1, 2025 and July 21, 2025. Whether you use tobacco or not you **MUST** take the nicotine test. **The nicotine test is not included in the Vital Health Profile. When making an appointment, please request the nicotine test.**

- If employee tests negative for nicotine, they will qualify for the premium waiver.
- If employee tests positive, then the employee must complete the Tobacco Cessation Program through the My Health Onsite portal for the employee to qualify for the premium waiver.
- If employee forgets to test, then the employee must complete a Tobacco Cessation Program through the My Health Onsite portal for the employee to qualify for the premium waiver

Tobacco Cessation Program

The Tobacco Cessation program is with a My Health Onsite Health Coach, which is a telephonic program for six sessions. Request the Tobacco Cessation program at your follow-up with the Provider at Employee Health Center or by contacting: Stephanie Phillips, Wellness@CharlotteCountyFL.gov. Enroll by October 1, 2025 and complete by December 1, 2025.

The Tobacco Cessation Program must be completed by December 1, 2025 to receive the premium waiver.



Health Reimbursement Account (HRA)

For employees and eligible spouses, on the County Insurance, who participate's in the Wellness Initiative Program, the County will provide each enrolled employee (and one dependent spouse if covered) with up to \$500 in a Health Reimbursement Account (HRA). This money is not taxable and can be used to offset the cost of expenses incurred under the medical insurance plan. Examples of these expenses include deductibles and copays for items such as doctor visits, inpatient hospital stays, and prescription drugs that generate an out-of-pocket cost to the employee.

When Will I Receive the Incentive?

The incentive will be deposited by mid January 2026.

How Do I Login to My HRA Account?

1. Go to www.padmin.com and in the Login box make sure "Participant" is selected under User Type. Choose your Account Type and click "Go to Login".
2. Under My Benefits Account Login, enter your username and password and click "Submit". If you are a first time user, click the "First Time Logging In" link. You will be prompted to create a username and password for your account.
3. After you successfully logged into your account, your My Benefits Summary will be displayed. This shows a summary of every plan made available to you through your employer.

Meet the Medical Staff



Juliette Langner, M.D.

Dr. Langner is Board Certified in family medicine with over 27 years' experience in practicing and teaching family medicine. She is a member of the American Medical Association and American Academy of Family Medicine. She is also certified with National Registry to conduct DOT License Physicals. She enjoys fishing, snorkeling, and boating.



Kristine Barrett, ARNP

Kristine is an Advanced Registered Nurse Practitioner and is Board Certified in family medicine and urgent care. Prior to becoming an ARNP, her professional history includes critical care and emergency nursing as well as being a paramedic. In addition to spending time with her family, her interests include biking, rowing, and traveling.



Kevin Smith, M.D.

Dr. Kevin Smith is a primary care provider specializing in Family Medicine. He earned his medical degree from Indiana University School of Medicine in Indianapolis, IN, and completed his residency in Family Medicine at Ball Memorial Hospital in Muncie, IN.

Dr. Smith, always fascinated by the human body and how it works, knew from a young age that he wanted to go into medicine. He has a desire to help people and enjoys being able to have human interaction with people on a daily basis. In his free time, he enjoys hiking, boating, fishing, and collecting autographs.



Peter Sobolewski, APRN

Peter is delighted and honored to serve the great people of Charlotte county. Peter is a veteran of the US Armed Forces. His background includes practice in Internal Medicine, Emergency Medicine, Critical Care Medicine, and Trauma Surgery. He has a second Doctorate degree in Psychiatry and Mental Health. Due to finish in spring of 2023. Since graduating, he will refocus on fishing, golfing, diving, and just living his best life with his family in SW Florida.



Melissa Weiss, ARNP, CDE

Melissa is an Advanced Practice Registered Nurse, and is Board Certified in Family Practice. She is a Certified Diabetes Educator and thoroughly enjoys educating patients about Diabetes, diet, exercise, and weight loss. When she is not working, she enjoys time with her family and friends, reading, going to the beach, flying a kite, going to the Gym, and going scuba diving.



Andrew Boyer, M.D.

Although he was born in Iowa City, Dr. Boyer has spent most of his life living in Tampa, Florida and New Orleans, LA. Dr. Boyer attended Tulane University for undergrad and graduated from Mount Sinai School of Medicine specializing in Orthopedics. When he isn't dedicating long hours with My Health Onsite, he spends his free time with his daughter at the beach and traveling.



Fabiola Anglade Pascal, APRN

Fabiola is a family nurse practitioner who specializes in family medicine from adolescents to geriatric age. She completed her bachelor's degree in nursing at Florida Gulf Coast University and then earned her master's degree in sciences and nursing at Keiser University. She holds a national certification with the American Academy of Nurse Practitioners. She has a total of 16 years' experience in combined training in critical care, coronary care recovery, skilled subacute rehabilitation, family practice, and assessment nurse coordinator to deliver quality care for patients with chronic medical conditions and postoperative. She is a true believer of "Family Over Everything".



Dr. Anthony Holowko, DO

Dr Holowko is our newest doctor to join MHO Port Charlotte. He grew up just outside of Detroit and completed his undergraduate studies at the University of Michigan. Dr Holowko attended medical school at Des Moines University, and then completed a family medicine residency at Michigan State University - Sparrow Hospital. He then practiced family medicine for 17 years in Lansing, MI prior to moving to Florida in 2023. Dr Holowko enjoys fishing, boating, hiking, sports, and spending time with his wife and two children.



Angela "Angie" Taylor, Health Center Manager

Angie was born and raised in Tennessee, having been in the medical field for many years, starting as a pharmacy technician, and working with patients as a Certified MA, licensed phlebotomist, certified x-ray technician in three states and a certified Wound Care Tech. The last 11 of those years in Florida, my skills have afforded me the ability to manage multiple physician clinics as district manager and office manager. In my spare time I enjoy spending time with my family and my two dogs Asher and Beau. I look forward to serving those in Charlotte County that serve us.



Bella Quezada, RN

Bella is Ecuadorian, and has lived in the United States for over 30 years. She has been a Registered Nurse for 3 years; and is married with 3 children and a grandson. Bella really enjoys learning, teaching, and spending time with her family.

See a provider today at no cost for:

- 1** Primary and Acute Visits for CIGNA covered employees and dependents.
- 2** Prescriptions dispensed on-site
- 3** Labs performed on-site
- 4** X-rays and Vital Health Profile are all available onsite.

Meet the Medical Staff



Theresa Stamm, MA, CNA

Theresa has been a dedicated County clinic employee for the last 15+ years. She has a strong background in several different aspects of the medical field and has been a phlebotomist for over 40 years. Theresa has a love for animals and sea life and enjoys photography as well as spending time with family at the beach.



Serenity Murtagh, Patient Services Coordinator

Serenity is our Patient Service Coordinator for 13 plus years and over 25 years in customer service. Serenity is a Florida native, mother of two and she enjoys crafting and photography.



Bobby Richmond, EMT

Bobby is a 10 plus years employee at the health center. He currently holds two nationally certified licenses as a Phlebotomist and an Emergency Medical Technician. Bobby has an wonderful daughter who is his entire world. During his time off he enjoys writing/playing music and racing simulation.



Brittany Williams, LPN

Brittany is a Licensed Practical Nurse with 8 years of experience. She has experience in many aspects of healthcare, from dialysis & long-term care, to psych and occupational health. Brittany is a Florida native from Arcadia- where she enjoys spending time with her two children, and extended family. She plans to resume the LPN-to-RN bridge program in the near future.



Kristin Engelson, Paramedic, MA

Kristin is a Florida Certified Paramedic with an associate degree in Emergency Medical Technology. Kristin is an avid runner and is training for several major marathons. She also enjoys the outdoors and riding motorcycles with her husband.



Shannon Winslow, LPN

Shannon is the newest member of the MHO team. She has been a Licensed Practical Nurse for 10 years, with experience in pediatrics and public health. Shannon enjoys spending quality time with her family on the boat and at the beach.



Samantha Garcia, Patient Support Coordinator

Samantha has worked in healthcare for 15+ years. I started in Miami working for Orthopedics and then Primary Care. My husband, son and I relocated to Charlotte County in June 2021 then I worked in Physical Therapy. I use my knowledge in these areas to better assist my patients in any way I can. In my free time, my family and I love boating, riding ATVs and making crafts in my small Cricut business.



Michelle Rellis, MA

Michelle is new to Florida from the mid-west. She has been a Registered Medical Assistant for more than 20 years. Michelle has experience working in internal medicine, Ob/ Gyn and pediatrics. She really enjoys the work she does and likes being able to help her patients. In her free-time, she also enjoys volunteering at the local animal rescue.



Jennifer Mergentheimer, RT

Jennifer is an American Registry of Radiologic Technologists licensed technologist with dual certifications in x-ray and mammography since 2004. Originally from NY, she moved to Florida with her husband and daughter in July 2021. In her free time she enjoys spending time with family, reading, and working on craft projects with her daughter.

ADDITIONAL STAFF MEMBERS INCLUDE

Rose Tarsio, APRN

Dana Cohee, RN

Kelli Moreau, APRN

Jessica Turner, RN

Laurel Ciccarello, APRN

Kim Beverlin, MA

Meet the Wellness Staff



Donna Casey

Donna Casey is a Health Coach with My Health Onsite. In this role, Donna provides wellness education to patients and guides them towards healthy behaviors. She believes that when patients receive education and support towards making healthy changes that they move forward towards a healthier lifestyle. She earned her master's degree in exercise science after completing her bachelor's degree in both business administration and marketing. Prior to working at My Health Onsite she was an exercise physiologist/health coach with CareHere. She worked as a personal trainer and group exercise instructor for over 25 years and has multiple certifications including Exercise Physiologist with American College of Sports Medicine and earned Exercise is Medicine Credential, Certified Personal Trainer, Health Coach and Group Exercise Instructor with ACE and Personal Trainer with NSCA. She completes AHEC Tobacco Treatment Specialist Training with Florida State University and is a Tobacco Treatment Specialist. She enjoys spending time with her family, traveling and exercising. She has run 11 marathons and continues to run ½ marathons.



Chip Bryant, RN

Chip earned his nursing degree from West Virginia University. His career has focused on neurology, and medical and cardiovascular intensive care. He believes education, commitment and a positive attitude are key to achieving and maintaining personal health and wellbeing. Chip helps his patients create lifestyle goals, and action plans that promote personal balance, focus and health and wellbeing. Chip provides encouragement to enable patients to confidently make needed changes one step at a time.

Personal: Chip enjoys being outdoors, mingling with people, power walking, gardening, eating healthy foods, and playing French horn. Chip can also juggle... just ask him.



Ryann Prilliman

Ryann has been a Registered Dietitian and Nutritionist for over 11 years. She has her Certificate in Adult Weight Management and is a Certified Health Coach through the American Council on Exercise. She enjoys helping others become the healthiest version of themselves. During her free time, she enjoys bike riding, traveling, and spending time with her husband and 2 little boys.



Stephanie Hanley

Stephanie is a Registered Dietitian and Health Coach. Previously, Stephanie was a clinical dietitian for Advent Health Orlando and UF Health The Villages, helping patients learn how to use nutrition as a tool for healing. Stephanie has a very diverse background of medical conditions that she has worked with. She has used this experience to cultivate her ability to help people understand their bodies and explore the connections between lifestyle and health. Stephanie takes a client centered approach with her patients, and makes it a priority to focus meetings around the individual goals and intentions of her patients. Stephanie's interests include surfing, rock climbing, snowboarding, and riding dirt bikes.



Kellie Argyrakis, BSN

Kellie's has experience as an Emergency Room Registered Nurse for greater than 15 years specializing in trauma. She advocates for proactive health care with the mantra "healthy life equals happy life". She recently moved to Florida from Illinois to pursue her passion in raising tropical plants. Kellie enjoys outdoor activities and visiting botanical gardens.



Laura Harvey

Laura Harvey is a Nurse Educator with My Health Onsite. In this role, Laura provides wellness education to patients. She believes that when patients are given the proper tools and education, it can promote healthier choices and positive lifestyle changes. She earned her licensed practical nurse certificate in 2003 followed by her Associates in Science degree from Pasco Hernando State College in 2006. Before joining My Health Onsite in 2021, Laura worked for over 15 years as a nurse for a diverse range of organizations, including the Florida Department of Health in the Epidemiology department, Saint Leo University and Bayfront Health. When not working at My Health Onsite, Laura enjoys spending time with family and staying active. Such as, horseback riding, tennis and pickleball.

Appointments with the Wellness Staff are available at no cost.

MHO Wellness Programs

Click: **WELLNESS PORTAL** | My Health Onsite password: **Wellness1**

Wellness Series:

- 12-week Weight Loss Program
- 4-week How to Achieve Your Goals

Webinars:

Monthly topics hosted by the Wellness team via Webex.

VIP Programs:

With Nurse Educator:

- | | |
|---|---|
| <ul style="list-style-type: none">• Tobacco Cessation • Beginning a Walking Program• Rhabdomyolysis • Migraine Headaches Stress Management• Hyperlipidemia • Diabetes Advanced (Clinical) PCOS• Healthy Living • Exercise for Life • Better Sleep • Menopause• Osteoporosis • Avoiding Preventable Back Pain and Injuries• Heat Related Illness • Arthritis • Fibromyalgia | <ul style="list-style-type: none">• Let Us Show You-How to Prevent the Flu• 8 Dimensions of Wellness • Fatty Liver • Hyperthyroidism• Hypothyroidism • Asthma • COPD • Alcohol & Your Health• Stroke Risk Factors and Prevention• Alzheimer’s and the Caregiver |
|---|---|

Onsite Nurse Educator:

- Diabetes 101 (Diabetes Education, Monofilament Exam, Diabetic Supplies)
- Hypertension 101 (Hypertension Education, Supplies)
- Asthma (Spirometry, Peak Flow Meter)
- COPD (Spirometry)
- Medication Education

Programs with Registered Dietitian:

- | | | |
|--|--|---|
| <ul style="list-style-type: none">• Weight Management• Nutrition Topics (Examples below)• GERD• IBS | <ul style="list-style-type: none">• PCOS• Hyperlipidemia• Hashimoto’s Disease etc.• Diabetes Advanced (Dietary) | <ul style="list-style-type: none">• Benefits of Meal Prepping |
|--|--|---|



First Time My Health Onsite Registration



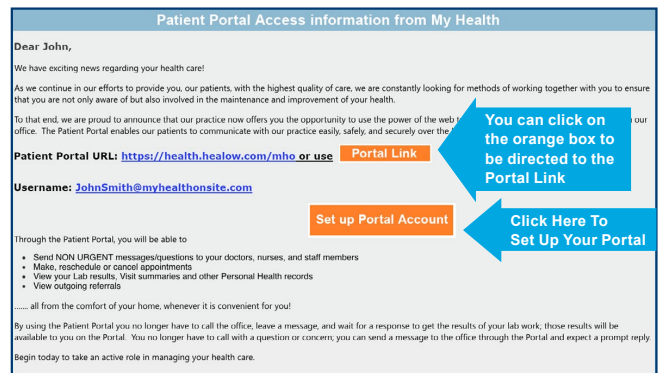
HOW TO REGISTER & ACCESS THE PATIENT PORTAL

How to Register

All patients with a unique valid email address should receive an email invitation from **"no-reply@eclinicalmail.com"** with the subject line: **Patient Portal Access Information from My Health Onsite (MHO).**

(Please check spam/junk folders)

To access your New Patient Portal, simply follow instructions in the email.



If you have **not** received the email invitation, please call **941-800-2005** to update your email address.

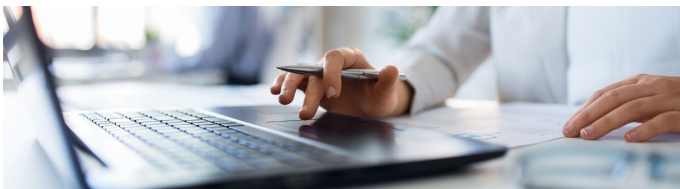
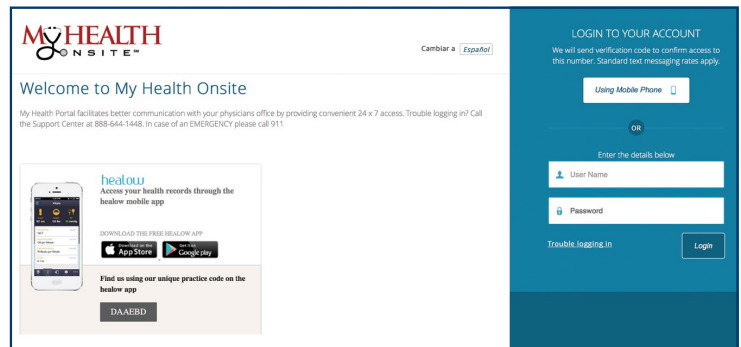
For patients younger than 18 or adults wishing to provide web portal access to another person, a Patient Portal Proxy Authorization Form must be completed to comply with regulatory requirements.

The proxy form can be obtained at the Employee Health & Wellness Center or downloaded from MHO's web site at the following URL: www.myhealthonsite.com/patient-forms. The form must be completed and turned into the Employee Health and Wellness Center staff to establish web portal access for proxy accounts.

How to Login (Once Registered)

STEP 1 Go to www.my-patientportal.com to take you to the **Patient Portal Login** page

STEP 2 On the **Patient Portal** page, Enter **User Name** and **Password** to log in to book, cancel or reschedule your appointment



For assistance accessing the patient portal, please call our
24-hour Call Center Support Team at: 941-800-2005

My Health Onsite abides by all federal HIPAA and confidentiality regulations.



Proactive. Engaged. Personalized.

Questions & Answers for the Wellness Initiative Program

1. Who can I contact if I have questions or need more information?

Contact Wellness Coordinator, Stephanie Phillips, Wellness@CharlotteCountyFL.gov or 941.764.4927

2. How will I receive my Health Reimbursement Account incentives?

If you met the BMI or ideal healthy waist to height, you will not need to do anything. The funds will automatically be deposited in your HRA account on or around January 2026. You will need to return to the Employee Health Center between September 1 - September 30, 2025 to record your weight loss and determine your incentive.

3. When will I receive Wellness Initiative Program incentive?

Funds will automatically be deposited to your Health Reimbursement Account in January, 2026. Check your P&A account
Check your P&A account at www.padmin.com.

4. I am newly hired. What do I do?

Hire Date: 2025	Program Eligibility	Incentive Funds
January – July 31	Able to complete entire Wellness Initiative program and the nicotine testing	Earn up to \$500
August 1- December 31	Wait for 2026 Wellness Initiative Program	In 2026, eligible to earn up to \$500.

5. If I have a medical condition and/or it is difficult to lose weight?

If it is difficult for you to achieve the BMI or height to waist for receiving the incentive under the Wellness Initiative Program because of a medical condition, or if it is medically inadvisable for you to do so, please let the Employee Health Center MD, DO, or ARNP know at your follow-up appointment. Individuals can choose to complete the Alternative Wellness Standard to qualify for the incentive. See page 4 for more details.

6. What weight is considered my initial weigh in weight?

The weight taken at the time you complete the Vital Health Profile (VHP) and bloodwork is your initial weight (pre-weigh in)

7. How do I calculate 2-5% from initial weight?

The weight you will use as your initial is the weight during your bloodwork and Vital Health Profile appointment. Wellness at Work has a calculator on the website: <https://wellness.charlottecountyfl.gov/Pages/IncentiveCalculator.aspx>

8. What if I lose more than 5% during the Wellness Initiative Program?

Great job! The 5% goal was developed to make weight loss goal realistic and attainable for everyone.

9. What if I gain weight during the year?

Ups and downs occur on a health and wellness journey. Change is a process. Check out some of the free programs from Wellness at Work, Cigna, Cigna EAP, and My Health Onsite.

10. What is recommended attire for the final weigh-in?

We recommend individuals remove heavy shoes, wear light weight clothes similarly when you completed the initial weigh in during bloodwork, and empty your pockets prior to weigh-in.

Bob Pryor Employee Health Center - Port Charlotte



1050 Loveland Blvd.
Port Charlotte, FL 33980
Call Center: 941.800.2005 | www.myhealthonsite.com

Bob Pryor Health Center Hours of Operation

Monday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Tuesday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Wednesday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Thursday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Friday	8:00 a.m. - 6:00 p.m. (closed 1:00 - 2:00)
Saturday	8:00 a.m. - 4:30 p.m. (closed 12:30 - 1:00)

Lab Hours

Monday	8:00 a.m. - 11:00 a.m.
Tuesday	7:00 a.m. - 10:00 a.m.
Wednesday	8:00 a.m. - 11:00 a.m.
Thursday	8:00 a.m. - 11:00 a.m.
Friday	8:00 a.m. - 11:00 a.m.

South County Employee Health Center - Punta Gorda



514 E. Grace Street
Punta Gorda, FL 33950
Call Center: 941.800.2005 | www.myhealthonsite.com

South County Health Center Hours of Operation

Monday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Tuesday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Wednesday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Thursday	8:00 a.m. - 7:00 p.m. (closed 1:00 - 2:00)
Friday	8:00 a.m. - 6:00 p.m. (closed 1:00 - 2:00)
Saturday	Closed

Lab Hours

Monday	8:00 a.m. - 11:00 a.m.
Tuesday	8:00 a.m. - 11:00 a.m.
Wednesday	8:00 a.m. - 11:00 a.m.
Thursday	8:00 a.m. - 11:00 a.m.
Friday	7:00 a.m. - 11:00 a.m.

Notes

Handwriting practice lines consisting of 20 sets of three horizontal dotted lines.

