



Healthcare the way it should be



Hey Clark County School District,
we're Vera.

- 03 **Welcome**
- 04 **Vera perks and services**
- 07 **Annual Whole Health Evaluation**
- 09 **Health coaching**
- 11 **Diabetes care and education**
- 13 **Behavioral health support**
- 15 **Where to go when you need care**
- 16 **Health goals and appointment prep**
- 20 **Recommended preventive screenings**
- 22 **How to get started**

Make the most of your benefits

We know visiting a new provider can be confusing and want to make the process as easy and comfortable as possible, so you can start getting personalized care right away.

This packet will help you learn more about Vera Whole Health's low-cost services that are part of your benefits package, including:

- Wellness screenings
- Preventive care (which is completely free for you!)
- Health coaching
- Common prescription fills
- Sick care care for ages 3 and older
- Behavioral Health

You can also always find more information—including care center locations, hours, and phone numbers—in the My Vera app.

Download the My Vera app

Download the My Vera app by scanning the QR code to book appointments, contact your care team, and more.

You can also call **(888) 801-8372** or visit **my.verawholehealth.com**



Care that fits your life

At Vera, our goal is to keep you healthy—today, tomorrow, and down the road.



Greater focus on you

Longer appointments allow you to better understand your health, plan care, and get your questions answered—no topic is off the table.



We treat the whole you

Our integrated care team works with you to assess and create a plan for the whole you, including physical, mental, and lifestyle health. Because we know it's all connected.



Appointments that fit your busy life

In most cases, our providers can see you in person, over the phone, or online. Our care centers can accommodate same- or next-day appointments for non-emergency sick care needs.



More money in your pocket

Our services cost you little to nothing—many are included as a part of your benefits package. This includes sick care, preventive care, health coaching, and common prescription fills.

Care center services

Preventive care

Checkups, screenings, immunizations, well-person exams, family planning

Chronic disease support

For conditions like diabetes, hypertension, and depression

Sick care

Coughs and colds, wound care, sprains and strains, rashes, UTIs, back pain

Health coaching

Empathetic coaches who provide accountability to help you reach your goals

Diabetes education and nutrition support

The Vera Whole Health Diabetes Care & Education Program provides clinical support, tailored to your needs

Behavioral health care

Behavioral Health Clinicians provide support for conditions like mood disorders, substance disorders, chronic pain, grief, and more

Additional services

On-site labs, vaccinations, travel medicine, specialty care coordination, and advocacy

Stay well with a yearly health check



Your annual checkup made easy

Complete your free Annual Whole Health Evaluation

Vera's Annual Whole Health Evaluation is a simple three-part preventive checkup that gives a clear picture of your health—and empowers you to make informed decisions moving forward.

How it works:



Health screening

Quick measurements and a finger poke to get your numbers. It only takes a few minutes.



Wellness visit

Take your time talking with your provider about current issues or concerns. No topic is off the table.



Coaching Connection

Work with your Health Coach to take what you learned and turn it into action.

Call (888) 801-8372 to get started!

Follow us! [@heyvera_health](#)

Vera Health Coaches work with you to reach your goals



Comprehensive care to be your best self

Everyone needs extra help now and then. Connect with a Health Coach at little to no cost.*

As Nationally Board Certified Health and Wellness Coaches (NBC-HWC), our coaches work hand-in-hand with providers to give every patient extra support. Together, you and your coach make an actionable plan to help reach your goals by focusing on small, sustainable mindset and habit changes.

Sessions are available in person, online, and over the phone to best meet your schedule.

Your coach can assist with...

- Managing stress
- Creating healthy habits
- Improving physical activity
- Connecting you with mental health resources
- Life transitions
- New diagnoses
- Community building
- Celebrating your progress



Find a Health Coach today by scanning the QR code or calling **(888) 801-8372**.

*Based on your individual plan. Please contact your insurance provider for pricing.

Diabetes management made manageable



A comprehensive, complimentary support program

The Vera Whole Health Diabetes Care & Education Program

It's easy to feel overwhelmed managing a chronic condition like diabetes. But you don't have to figure it out alone. The Vera Whole Health Diabetes Care & Education Program provides clinical support, tailored to your specific needs.

You work with a friendly and knowledgeable Certified Diabetes Care & Education Specialist (CDCES)—who is also a Registered Dietitian (RD)—virtually 1:1 or in group sessions for you-centered education and support through two services, depending on the kind of support you need.

These services are at little to no cost to you.*

Track 1:

Diabetes Self-Management Education and Support

- Blood sugar monitoring
- Medication management
- Goal setting
- Risk reduction

Track 2:

Nutrition Education

- Eating for health
- Sleep
- Meal planning
- Stress management
- Physical activity
- Condition support

Speak with your Vera provider about getting started with the program.

*Based on your individual plan. Please contact your insurance provider for pricing.

Big changes start with small steps



Personalized help from a Vera Behavioral Health Clinician

Caring for you means caring for your mental health, too.

We know getting help can be difficult, so we're dedicated to making it easier, more accessible, and more empathetic. When you meet with a Vera Behavioral Health Clinician—in person or virtually—you'll create strategies to address:

- Anxiety
- Depression
- Attention deficit disorder
- Chronic fatigue
- Chronic pain
- Eating concerns
- Mood disorders
- Substance abuse
- Relationship issues
- Grief support

They'll help you start and sustain habits that can improve your quality of life and long-term health.

Plus, you can get an appointment within three days to get support right away!

Cost is based on your individual plan. Please contact your insurance provider for pricing.

Speak with your Vera provider about scheduling a behavioral health appointment.

Where to go when you need care



Save the ER for emergencies only

Sick or hurt? Save time and money by seeing your Vera provider.

If you're sick, hurt, or something's just not right, we're here for you with low- or even no-cost and flexible care options. Many of our care centers offer extended hours for even more convenient care!

We know it can be hard to choose the best place to seek care. This chart breaks it down.

Vera Whole Health

- Preventive care
- Chronic conditions*
- Anxiety and depression
- Urinary tract infections
- Illnesses
- Respiratory illnesses
- Back and neck pain
- Minor burns
- Minor lacerations

*Diabetes, high blood pressure, high cholesterol, weight management, COPD, asthma, ADHD, hypothyroidism

Emergency Room

- Chest pain
- Difficulty breathing
- Neurological concerns
- Major head injuries
- Uncontrolled bleeding
- Severe abdominal pain
- Broken bones, fractures, and sprains
- Uncontrolled vomiting, diarrhea, or dehydration

The Vera clinical care team reserves the right based on an individual's symptoms to refer them to urgent or emergent care options.



Book your appointment by calling us at **(888) 801-8372** or scan the QR code to download the My Vera mobile app. We can often see you the same or next day!

What are your health goals?

Use this space to help identify your health goals so you can remember to discuss them with your Vera provider at your next appointment.

What is one goal I want to achieve?

Examples: Improve the quality of my sleep. Lower my blood pressure a few points. Get 5,000 steps a day.

Why is it important?

Where am I right now?

Is there anything holding me back?



What is the first step in achieving my goal?

What do I need help with to achieve this goal?

Check in with your body

Do you have any health changes, pain, or concerns you want to cover with your Vera provider?

It's easy to forget a certain question or issue you've been having in the moment. Use this worksheet to keep track of any notes or questions you have about your health, then bring it to your next appointment.

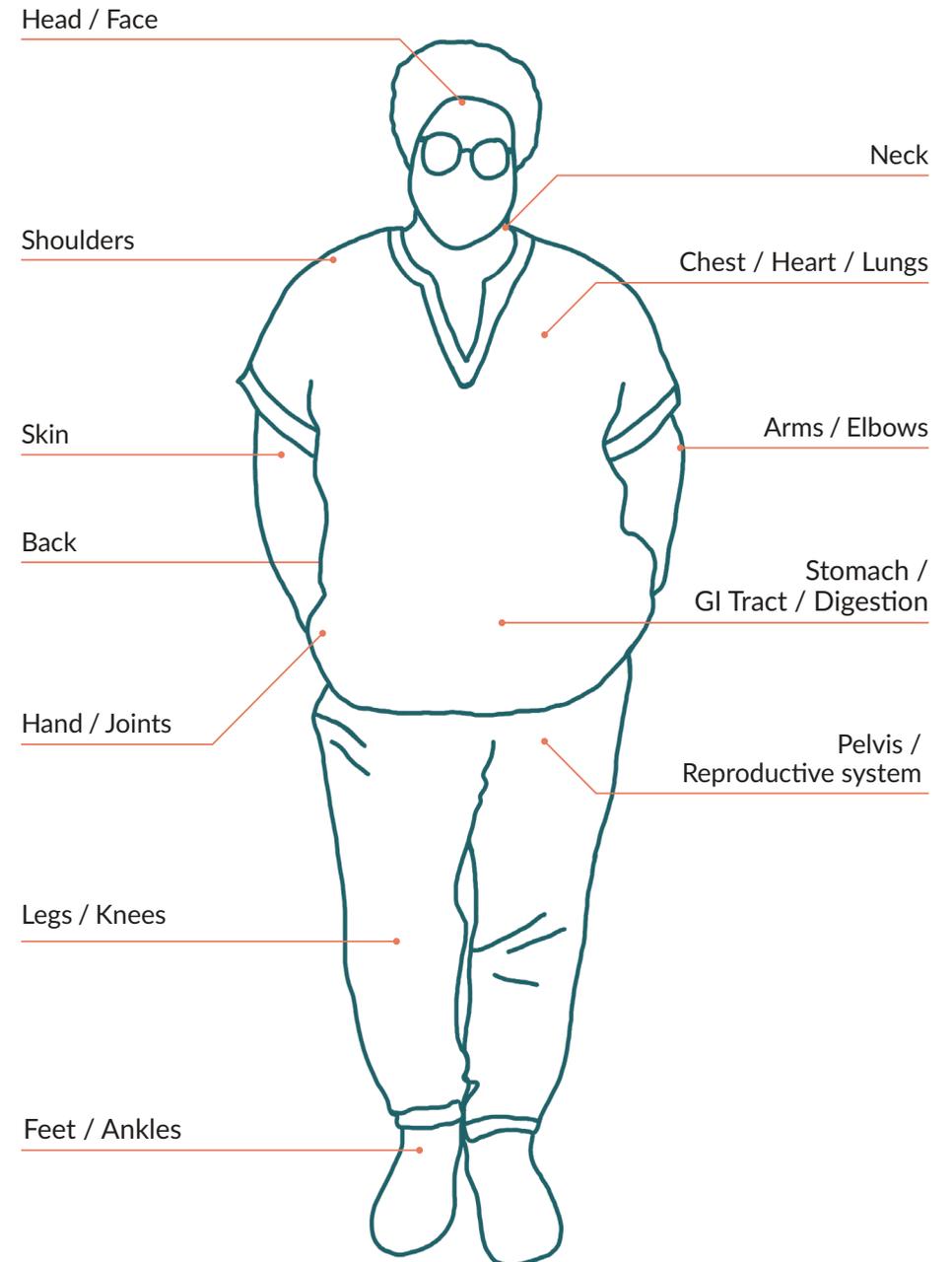
1. Have you had any other medical appointments or health events since your last Vera appointment?
2. Do you have any ongoing health conditions?
3. Do you want to discuss any lifestyle changes, habits, or concerns (like nutrition, physical activity, or tobacco or alcohol use)?
4. Do you want to discuss any tests or screenings?
5. How has your mood been lately?

6. How has your energy level been lately?

7. How have you been sleeping lately?

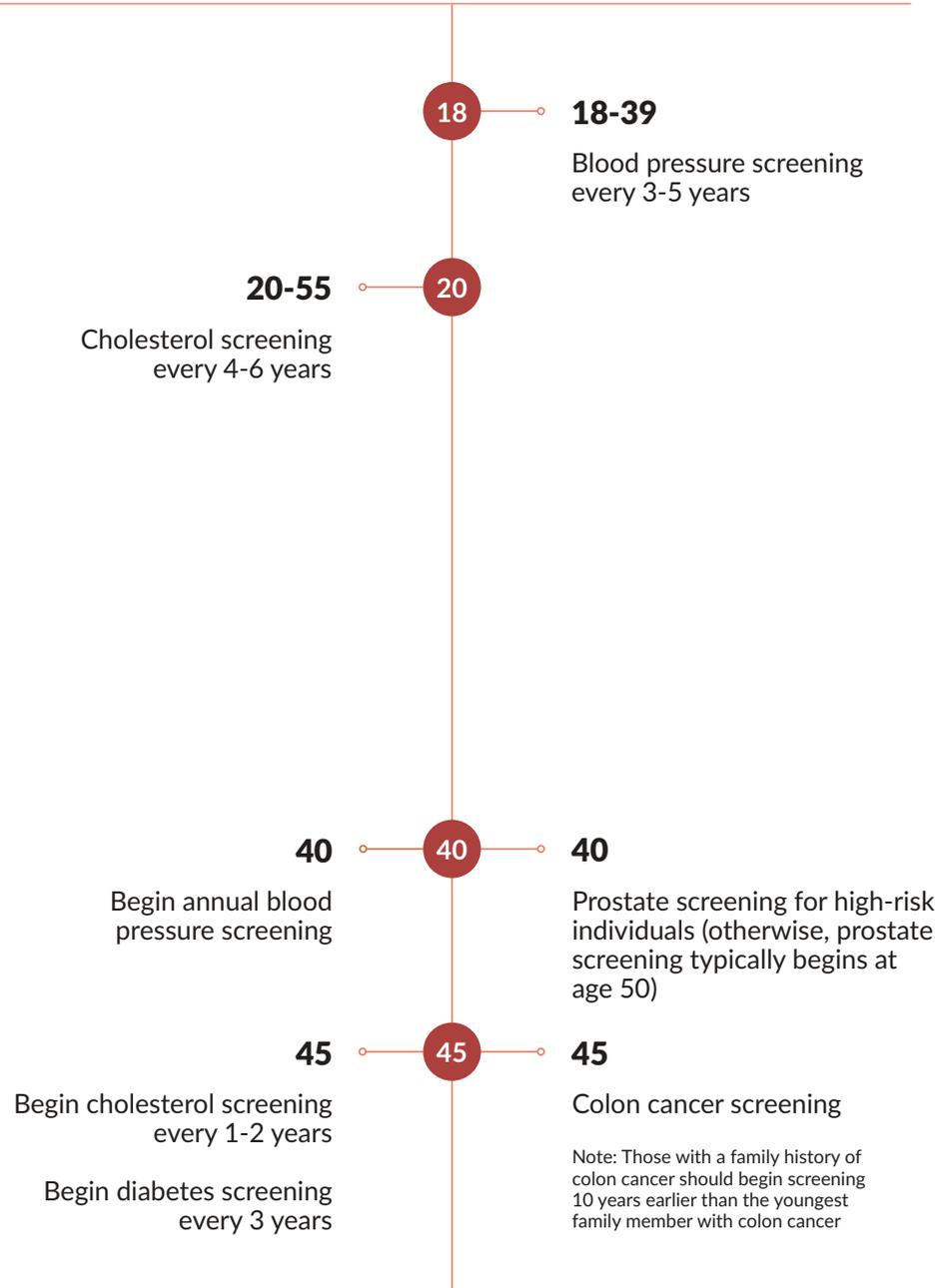
8. Current medications:

Scan your body and circle any points that stand out.



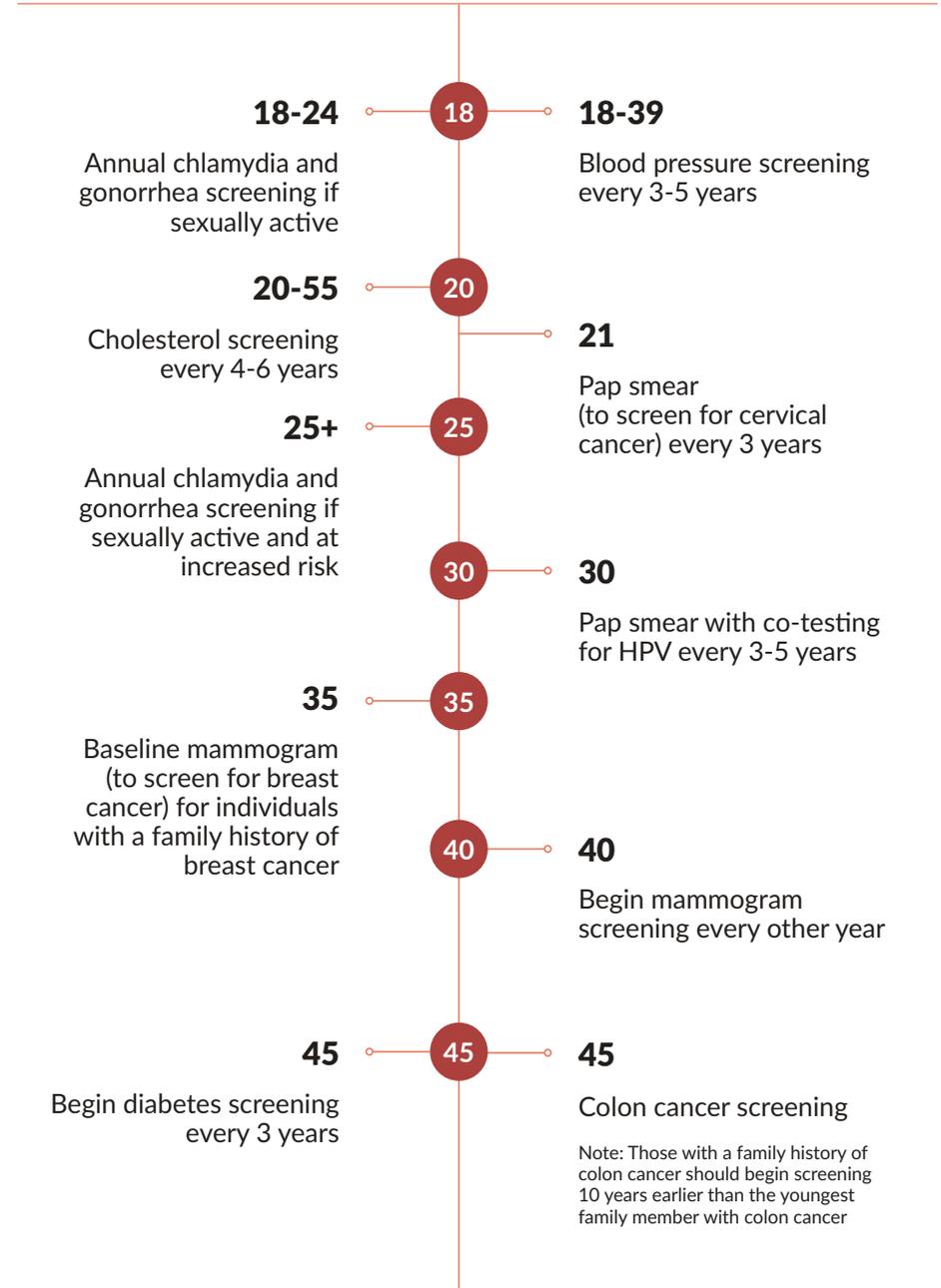
Men

Health screenings for ages 18-45



Women

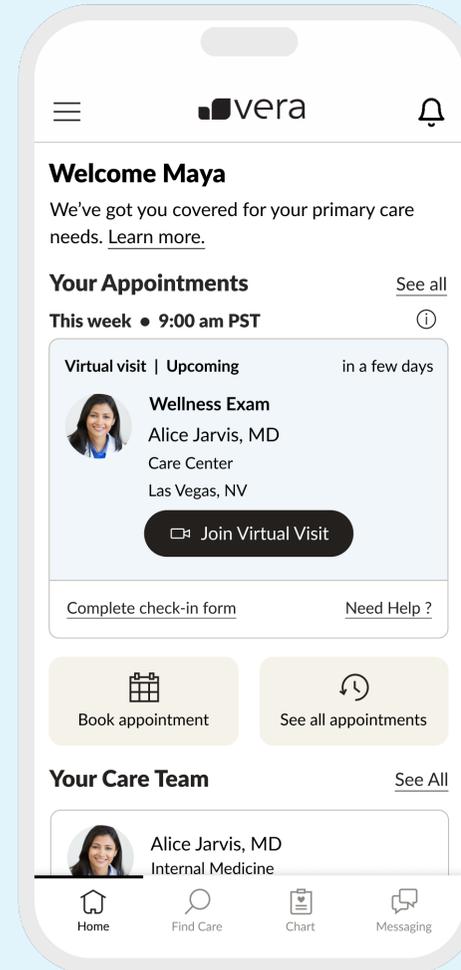
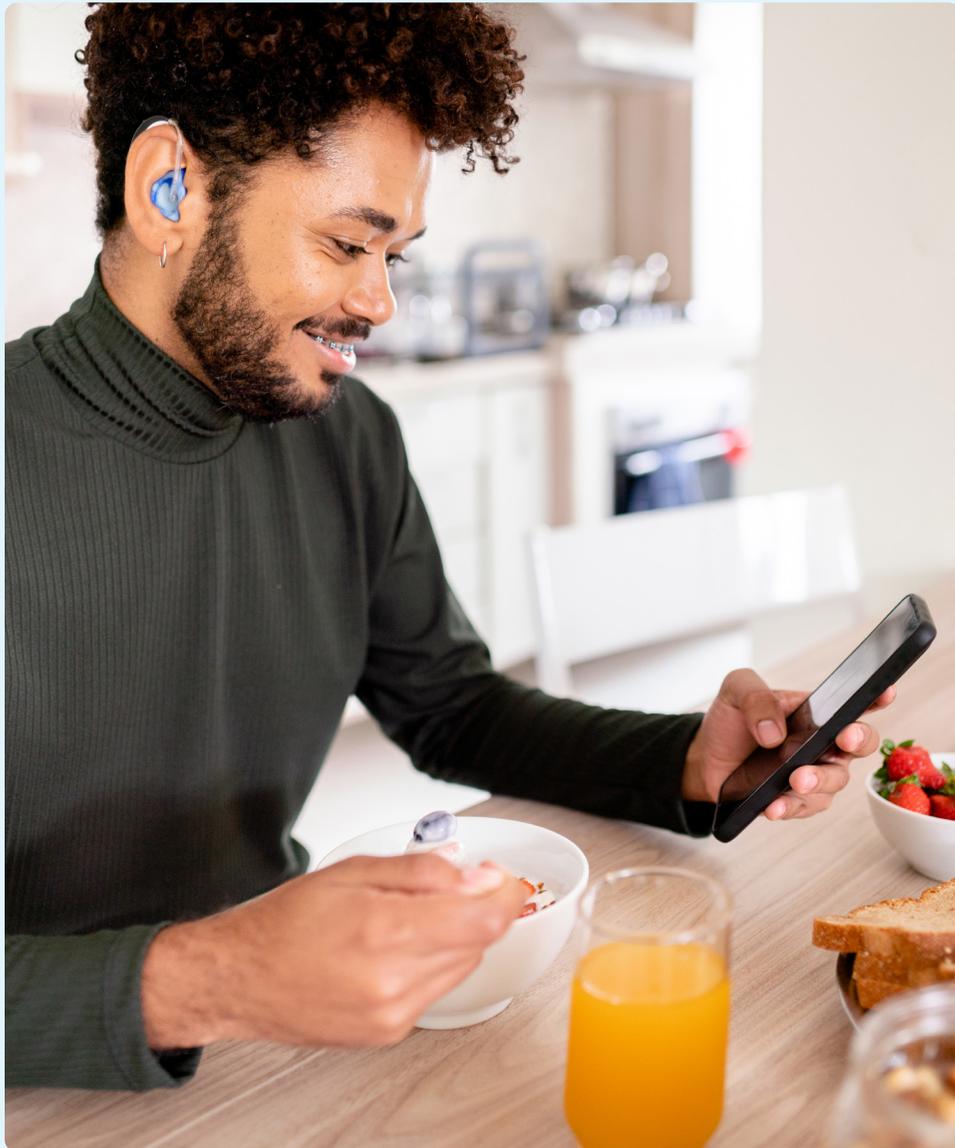
Health screenings for ages 18-45



Screening recommendations vary based on gender, lifestyle, and your personal and family health history. It's important to discuss your screening options with your doctor, but here are some basic guidelines for most people with average risk levels.

Don't see yourself in these guidelines? We care for everyone with empathy and compassion. Meet with your Vera provider to determine which preventive screenings are right for your health and body.

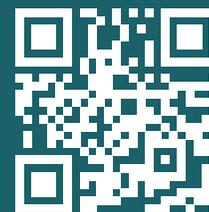
Connect—anytime, anywhere—with the My Vera app



Make your next visit with Vera Whole Health even easier with the My Vera app.

Connect with your Vera care team from anywhere—whether that's on your couch or on the go—and have your health information at your fingertips with the My Vera app.

- ✓ Virtual visits in the palm of your hand
- ✓ Quick and easy appointment scheduling
- ✓ Chat with your care team
- ✓ View your patient chart



Scan the QR code
to download now!





Complete, convenient, affordable care

Vera Whole Health offers comprehensive preventive and primary care for you and your family.

We want to be the first place you turn to for support and will help keep you up to date on preventive screenings, checkups, and vaccinations.

You'll never have to wait long for an appointment or even in a waiting room—we'll take you straight to your exam suite! Or we can meet with you online or over the phone, too.

Services

- Wellness checkups
- Annual exams
- Acute and sick care
- Chronic disease support
- Immunizations
- Family planning
- Health coaching
- Behavioral health support
- Diabetes management and nutrition

Screenings

- Physical exams
- Blood pressure checks
- Cholesterol screenings
- Diabetes screenings
- Colon and prostate cancer screenings
- Pap smears
- Mammograms
- Bone density scans

We can't wait to see you.

Learn more about Vera by scanning the QR code or visiting my.verawholehealth.com

