



Introducing Everside Health

CMHA offers Everside Health as part of your benefits package. Its an easy, more convenient healthcare option for everything from screenings and prevention to chronic disease management and urgent care. Your health is our top priority. So we make it easy to visit your provider, whether it's in-person, online, through our app, or over the phone—whatever is easiest for you.

Our services

Comprehensive primary care

- Stay up-to-date on the status of your health with preventive screenings and annual health assessments
- Work with a provider to develop and stick to a plan for chronic condition management
- Treatment for minor illnesses such as sinus infections, earaches, sore throat & strep

Quality of care

- All covered services received at the health center are no cost to you
- Ability to address multiple healthcare concerns in one visit, with the same provider
- Performs exams, orders, and interprets tests and provides treatments
- No cost onsite lab work
- Select, no cost, generic medications on site
- As much or as little time with your provider to address your needs
- Access to 24/7 nurse line assistance

**Schedule your
welcome visit.**

Get to know your provider (in-person, by phone, or online) and go over your health history so you can get the right care when you need it most.

Make an appointment with your provider today.
[Eversidehealth.com](https://www.eversidehealth.com)

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Frequently Asked Questions

What is Everside Health?

Everside Health is a national onsite, near-site and virtual primary care provider that offers employer/organization sponsored, membership-based healthcare. That means that we operate patient-centered health centers where members can get 90% of the medical services they need from an experienced doctor, usually at little to no cost to them.

Everside doctors are dedicated to your healthcare and are easy to reach at convenient locations near your home or work, as well as virtually (by phone or video). Our doctors strive to provide a personal level of care and are available around the clock by phone for urgent health matters.

Why is this benefit being offered?

Employees, employers and insurance companies have seen significant healthcare cost increases each year; we're on a mission to fix the broken healthcare delivery model that causes them. By partnering with us, you gain an additional choice to address the cost and quality of the healthcare you receive. Your membership gives you high-quality, low- or no cost primary care through your Everside doctor.

Who's eligible to receive Everside services?

All those covered by your employer's insurance plan are eligible to receive Everside services.

What's different about Everside compared to my current primary care provider?

As an Everside member, you have 24/7 access to your doctor. Our providers also offer a scope of services that's broader than a typical primary care practice – everything from routine checkups and urgent needs to chronic condition management and mental health screenings, with many services available virtually (by phone or video). Your provider can also help you make appointments for specialist services or care that can't be provided at the health center.

Does choosing the Everside option increase my healthcare costs?

No, it should do just the opposite. A visit to an Everside provider can save you an expensive trip to the emergency room or urgent care, and most visits are at little to no cost for preventive and non-preventive services. There's also no charge for phone, secure messaging or other remote interactions with your doctor. There are some tests and procedures that are billed to your primary insurance at rates that are usually much lower than with other providers. Services that aren't covered by your Everside membership may still be covered by your employer's insurance plan.

How experienced are Everside providers?

Everside doctors are board-certified or board-eligible, usually with a minimum of eight to ten years of experience as a practicing provider. Our doctors see 70% fewer patients than a typical primary care provider, allowing them to spend more time with you when you need it, start appointments on time, and provide you with flexible appointment availability.

Do I have to change my primary care provider (PCP) to Everside to use its services?

No, Everside is an optional benefit that functions as an add-on to your existing health plan. You don't need to switch doctors or stop seeing a preferred specialist—you can see Everside providers as well as your existing provider(s).

Why should I consider using an Everside provider as my PCP?

We recommend that you make your Everside doctor your first point of contact for any health concerns. They provide a personalized level of service and can also help you manage your overall care. So, instead of waiting to see a specialist to receive care, you can take advantage of the variety of services offered at your health center and through virtual care. We recommend that—immediately after signing up—you schedule your first welcome appointment so your doctor can get to know you, your health history and concerns, and answer any questions you may have.

What happens if I experience an urgent health issue after hours or if I'm away from home?

Everside Health is an additional option to your existing health plan. If you choose to enroll, we recommend that your Everside Health provider become your first point of contact. Due to the limited number of patients managed by Everside Health providers, you will experience a meaningful patient-provider relationship, excellent care, and easy access to your personal provider. This means that rather than going directly to a specialist to receive care, you take advantage of the many convenient access points to your Everside Health provider and you may even be able to avoid a visit with a specialist. As such, we recommend that immediately after signing up, you schedule your first appointment—the comprehensive patient evaluation.

How is Everside different than an urgent care clinic?

We don't have the long wait times that you may experience when going to a walk-in clinic. Scheduling your appointment for same-day or next-day urgent needs allows you to get in at your scheduled appointment time instead of waiting behind the people in front of you. You can also choose to schedule a virtual appointment from the comfort of your own home (by phone or video).

Does Everside make it easier for me to manage refills and dosage changes?

Simply call your Everside Health provider's phone. Your Refill requests and many dosage adjustments can be handled remotely (by phone or online) with your doctor and called in to your pharmacy of choice without the need for an in-person office visit.

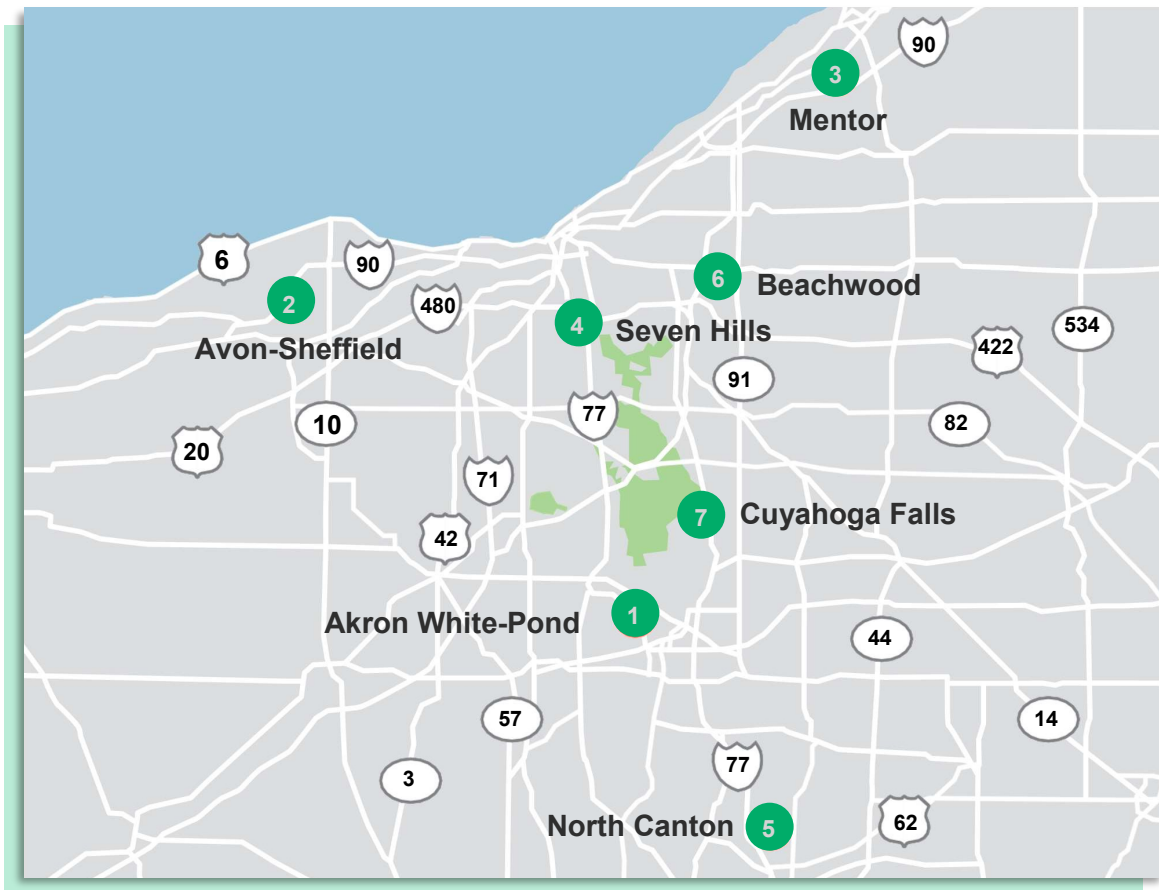
Sign up for Everside Health today.

With your Everside health center, you'll have access to 24/7 care after your first appointment. It's important to build a lasting relationship with your care doctor. You'll want them to know you, your medical history and your health concerns long before you get sick. Plus, Everside employs screening protocols that may catch a health issue that can be treated, preventing it from becoming an urgent situation or a chronic condition.

How do I sign up?

Visit members.eversidehealth.com to create your online account and get started. Or, contact Everside Health Member Services at 1-866-808-6005 or memberservices@Eversidehealth.com

By your side in Northeast Ohio



1. Akron White Pond

789 White Pond Dr., Ste A
Akron, OH 44320
(234) 226-5038

2. Avon Sheffield

5545 Detroit Rd.
Sheffield Village, OH 44054
(440) 653-8033

3. Mentor

7695 Mentor Ave.
Mentor, OH 44060
(440) 368-0900

4. Seven Hills

5700 Lombardo Center Dr., Ste 120
Seven Hills, OH 44131
(440) 368-0930

5. North Canton

5399 Lauby Rd., Ste 220
North Canton, OH 44720
(330) 615-6498

6. Beachwood

25700 Science Park Dr., Ste 120
Beachwood, OH 44122
(216) 672-0211

7. Cuyahoga Falls (Coming Soon!)

421 Graham Rd.
Cuyahoga Falls, OH 44221

Meet the providers by your side



Dr. Gloria Gadmack, DO
Mentor Health Center

Dr. Gloria Gadmack received her medical degree from Northeastern Ohio Universities College of Medicine. She completed her residency in family medicine at the University Hospitals of Cleveland.



Phillip Moser, FNP, APP
Seven Hills Health Center

Phillip Moser received his Master of Science in Nursing at Malone College. He received his Doctorate of Nursing Practice at Kent State University.



Kathleen Hathaway, NP, APP
Akron White Pond

Kathleen Hathaway received her Bachelor of Medicine in Nursing from the Blessing-Riemman College of Nursing. She then received her Masters in Nursing from Malone University.



Dr. Kelly O'Malia, MD
Mentor Health Center

Dr. Kelly O'Malia received her medical degree from the Ohio State University College of Medicine. She completed her residency in family medicine at the Summa Health System in Akron.



Dr. Evelyn Hemmingsen, MD
Seven Hills Health Center

Dr. Evelyn Hemmingsen received her medical degree from Case Western Reserve University School of Medicine. She completed her residency at Fairview Hospital in Cleveland.



Dr. Joseph Orzechowski, MD
Beachwood Health Center

Dr. Joseph Orzechowski received his medical degree from the University of Maryland School of Medicine. He completed his residency at Crozer-Keystone Health System in Springfield, PA.



Dr. Nina Kaushal, MD
Seven Hills Health Center

Dr. Nina Kaushal received her medical degree from Rush University School of Medicine. She completed her residency at Akron General Medical Center.



Dr. Jennifer Poptic, MD
Avon Sheffield Health Center

Dr. Jennifer Poptic received her medical degree from the University of Toledo. She completed her residency in family medicine at the Cleveland Clinic, Fairview.



Valerie Linzey, MSN, APRN, FNP-C
North Canton Health Center

Valerie Linzey completed her Bachelor of Medicine in Nursing from Chamberlain College of Nursing. She returned to school to become an advanced practice registered nurse (APRN) and a certified family nurse practitioner (FNP-C).



Dr. Heather Thomas, MD
Akron White Pond Health Center

Dr. Heather Thomas received her medical degree from Northeast Ohio Medical University. She completed her residency at Northside Hospital in Youngstown, OH.



Dr. Suzanne Morgan, DO
North Canton Health Center

Dr. Suzanne Morgan received her medical degree from the Ohio University College of Osteopathic Medicine. She completed her residency in family practice at Doctor's Hospital of Stark County.



Dr. Michael Smolak, MD
Avon Sheffield Health Center

Dr. Michael Smolak earned his medical degree from Whright State University School of Medicine in Dayton, Ohio. He then completed his residency at the Cleveland Clinic Fairview Hospital Family Medicine program.



Reasons to get started with Everside Health

Imagine the doctor's office, the way it used to be—where providers had time to really know and care for their patients. Now fast forward to Everside Health—when you sign up, you get longer appointments and 24/7 phone access to your provider, along with same or next-day appointments for urgent needs. It's a modern approach to the kind of care providers used to give. All at no cost to you and your family.

1. Save money

As a benefit through your employer, there's no cost to join Everside Health and no co-pays or co-insurance.

2. No more waiting

Our average waiting room time is 5 minutes, compared to the 22-minute national average.

3. Great care, no hassle

Our services cover a wide range of the most common tests and procedures.

4. Lose nothing

No need to switch providers or stop seeing a preferred specialist. Meet your Everside Health provider to see if the relationship is a good fit for you.

5. There's no catch

Since your employer is supporting your membership, Everside Health provides all these services. You can use your Everside Health provider as much or as little as you need.

6. Partner with an experienced primary care provider

Everside Health providers deliver a broad scope of care, including primary and preventive care, chronic condition management, urgent care, and coordination with specialists and hospitals.

7. Our mission

We believe in providing greater access to high-quality healthcare at lower cost—for you and your employer.



It's Time to Experience the Everside Health Center Members are Talking About



Easy Scheduling

"The entire office seems to work amazing together. I appreciate every one of them. Scheduling appointments has been so easy and customer service has been amazing."

Care for the Whole Family

My family is very thankful to have a clinic available to us that provides a wide array of services performed by a caring staff."



Appointments With No Time Limits

"I love the fact that I am given plenty of time and never feel rushed during my appointments. He always spends as much time as needed. I always leave feeling like I received great care."

Personalized Care

"Follow up care is quick and thorough. I really appreciate that she calls personally with results! I am very grateful for the care Dr. Pierce and her staff provide."



24/7 Care Team

"Excellent is an understatement. They have gone above and beyond every visit, whether it be over the phone or in person. I have never had such an amazing experience with a doctor's office. Time and time again they show they truly care and are here for us."

A Partner in Your Health Journey

"I've never had a health coach before, but Dave helps fuel my desire to be healthy. When I have doubts or lack ambition, Dave gives me the encouragement I need to continue on my path to a healthy lifestyle."



Treating the Root Cause of Illness

"Happier with Dave Wester than any other provider I have met before. He really listens and addresses issues thoroughly. He treats the whole person, not just one symptom."

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