

# Our services

## In-person and virtual care (for adults and children)

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be offered in Everside Health centers (not a complete list). Everside's onsite clinicians make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

Primary and preventive care		Labs	
<ul style="list-style-type: none"> <li>Acute illness visits &amp; treatment*</li> <li>Basic vision screening (color &amp; near vision)</li> <li>Biometric screening</li> <li>Blood pressure and vitals screening</li> <li>Chronic condition management*</li> <li>Comprehensive personal evaluation including routine check ups*</li> <li>Coordination with other providers (e.g., specialists, hospitals)*</li> </ul>	<ul style="list-style-type: none"> <li>Depression &amp; anxiety*</li> <li>Fitness &amp; nutrition coaching*</li> <li>Health risk assessment*</li> <li>Hearing screening (audiometry)</li> <li>Lifestyle &amp; risk-reduction coaching*</li> <li>Pediatric visits*</li> <li>Sports physicals</li> <li>Women's health</li> <li>Routine adult physicals</li> <li>Pre-op evaluations &amp; clearance</li> </ul>	<ul style="list-style-type: none"> <li>Basic Metabolic Panel</li> <li>Blood draws &amp; sample collection</li> <li>Cholesterol</li> <li>Hemoglobin A1C</li> <li>Pregnancy test</li> <li>Screening for diabetes</li> <li>Strep throat test</li> <li>Urinalysis</li> </ul>	
Procedures		Behavioral health	
<ul style="list-style-type: none"> <li>Asthma/pulmonary treatments</li> <li>Basic ENT procedures</li> <li>Basic wound care</li> <li>Dermatological procedures including mole removal</li> <li>Ingrown toenail removal</li> </ul>	<ul style="list-style-type: none"> <li>Skin biopsy (lab not included)</li> <li>Skin cyst removal</li> <li>Skin tag &amp; wart removal (cryo)</li> <li>Stitches</li> <li>Suture/staple removal</li> </ul>	<ul style="list-style-type: none"> <li>Addiction assessment &amp; treatment*</li> <li>Anger management*</li> <li>Anxiety assessment &amp; treatment*</li> <li>Cognitive behavioral therapy*</li> <li>Depression assessment &amp; treatment*</li> </ul>	<ul style="list-style-type: none"> <li>Health psychology services*</li> <li>OCD assessment &amp; treatment*</li> <li>Trauma treatments (PTSD, domestic violence, etc.)*</li> </ul>
Immunizations		Diagnostic testing & vitals	
<ul style="list-style-type: none"> <li>Flu vaccine</li> <li>Hepatitis A series</li> <li>Hepatitis B series</li> <li>HIB (haemophilus)</li> <li>HPV series (human papilloma virus)</li> <li>Meningococcal</li> <li>MMR (measles, mumps, rubella)</li> </ul>	<ul style="list-style-type: none"> <li>Pneumococcal</li> <li>Polio</li> <li>Rotavirus</li> <li>Td (tetanus, diphtheria)</li> <li>Tdap (tetanus, diphtheria, pertussis)</li> <li>Varicella (chicken pox)</li> </ul>	<ul style="list-style-type: none"> <li>Blood pressure &amp; vitals</li> <li>EKG</li> <li>Peak flow testing</li> <li>Spirometry</li> </ul>	

### Health portal: Visit [members.eversidehealth.com](https://members.eversidehealth.com) to get access

- Available 24/7
- Download your personal health record
- Email your doctor securely
- Make and manage prescriptions from your doctor
- Manage your membership
- Request refills and view prescriptions

\*Available for virtual appointments. Follow-up in-person care will be coordinated with your provider if needed.

Get the everside app or make an appointment today at **234-200-2770** or [members.eversidehealth.com](https://members.eversidehealth.com)

