

FRONSKE HEALTH CENTER

At Fronske we don't want you to have to worry about health care. That's why we have a worry-free health plan as part of our commitment to provide high-quality, affordable, and accessible services. With the Gold Plan you receive primary care and specialty office visits, lab work, x-rays and procedures ordered by Fronske Health Center for a \$5.00 copay. The Fronske Health Center is open to all registered NAU students.

Your Wellness Fee helps to provide on-campus health services including health promotion, public health services, low-cost medical, mental health services and free membership to the Rec Center. The Gold Plan is in addition to your Wellness Fee.

The mandatory Wellness Fee is required of all students and is in addition to the optional programs. Insurance is not required to receive our services. The Gold Plan is not major medical insurance; if you are interested in more information on our major medical insurance or to find out what insurances we are contracted with please contact the Fronske Health Center business office at (928) 523-6343.



"The worry-free Gold Plan... allows for comprehensive on-campus primary care services without the hassle of pre-authorization, claims, and payment headaches."

*Beth Applebee, M.B.A. Director,
Fronske Health Center*

GOLD PLAN

\$105.00 per semester (fall, spring, summer) or
\$200.00 per academic year (fall and spring) or
\$270.00 per year (fall, spring, and summer)

For less than most insurance company's annual deductibles and co-pays, you can purchase the Gold Plan. The Gold Plan covers most services provided by Fronske for only \$105 per semester. This plan ensures easy access to health care by eliminating pre-authorizations, claims filings, or payment hassles with your insurance carrier. For \$105 each semester, you receive primary care and specialty office visits, lab work, x-rays and procedures ordered by Fronske Health Center for a \$5.00 copay.

Services Include:

\$5.00 fee for any of the following services:

- Primary care and specialty office visits
- Well woman exams
- Allergy injections
- Labs prescribed and managed by Fronske providers
- X-rays prescribed and managed by Fronske providers
- Procedures (suturing, casting, IV fluids, colposcopy)
- Orthopedic supplies
- Screening as recommended by the United States Preventive Services Task Force, the American Diabetes Association, the American Cancer Society and the Centers for Disease Control
- Flu and Tetanus vaccines (covered free of charge)

Exclusions:

- Prescriptions
- Services outside of FHC
- Most immunizations
- Massages
- Physical Therapy
- Lab or X-ray ordered by an outside provider

ANY QUESTIONS?

Call us: (928) 523-6343 or visit: nau.edu/fronske

COST COMPARISON

	FEE FOR SERVICE	GOLD PLAN
Primary Care Office Visit	\$28	\$5 Copay
Specialty Care Office Visit	\$28	\$5 Copay
Health Education Consultation	\$28	\$5 Copay
Tetanus/Flu Vaccine	\$35/\$20	\$0
Allergy Injection Visit	\$10-15	\$5 Copay
Well Woman Exam w/ lab	\$56-150+	\$10 Copay
X-Ray	\$50-100	\$5 Copay
Lab Work	\$8-300+	\$5 Copay

ENROLL ONLINE AT NAU.EDU/LOUIE

Gold Plan Enrollment Form*

The worry-free campus health plan

Student name _____

Student ID _____

Address _____

Phone (____) _____ Date of birth _____

***Enrollment and payment deadline is 14 days past the first day of classes each semester**

Note: I understand that this is a campus health plan and does not replace an insurance policy. These plans cover only the services described on this application and rendered at NAU's Fronske Health Center.

Fronske Health Center staff will do their best to auto renew students in the plan each semester. However it remains the responsibility of each student to make sure they are enrolled and are encouraged to check their LOUIE account to verify.

Signature _____

Name (Please Print) _____

Date _____

This plan includes only the services described on this application and rendered at NAU's Fronske Health Center.

Please enroll me in the following plan:

- \$105.00 for the fall semester (August 16 – January 3)
- \$105.00 for the spring semester (January 4 – May 15)
- \$105.00 for the summer semester (May 16 – August 15)
- \$200.00 for the academic year (August 16 – May 15)
- \$270.00 for the full year (August 16 – August 15)

All charges will be posted to the students LOUIE account. Payments for plans are due no later than 14 days after the first day of class each semester. To make a payment: Log in to LOUIE finances and click Make A Payment.

For any additional questions please feel free to contact our Business Office at (928) 523-6343.

Fronske cares for over 10,000 students every year... we're here for you, too!

At Fronske we are dedicated to making you healthy and active. Our professional team of physicians and providers offer a wide variety of services to NAU students, including:

- **General medical care**
 - Acute illness and injury
 - Chronic illness
 - Simple casting
 - Suturing
 - Immunizations
- **Women's health care**
 - Well-woman's exam
 - Contraceptive Care
- **Mental Health**
 - 2 Psychiatric Nurse Practitioners
 - Primary Care Medical Staff
- **Health Education Services**
 - Diet and Nutrition
 - Stress Reduction
 - Healthy Relationships
- **Massage Therapy**
- **Laboratory Services**
 - CLIA Registered
 - COLA Accredited
- **X-Ray Services**
 - Radiology Technologist on staff

Fronske Hours and Urgent Care Clinic

Hours:

Mon., Tues., Thur., Fri.
8:00 a.m. to 5:00 p.m.

Wed.
9:00 a.m. to 5:00 p.m.

Most Sat.
11:00 a.m. to 2:00 p.m.

To make an appointment
ON-LINE visit our
website at
nau.edu/Fronske
or for same day injury
or illness visit our
Urgent Care Clinic
Appointment Line (928)
523-8995.

<p>Timothy G. Fleming, MD <i>Medical Director</i></p>  <p>Degree: University of Kentucky.</p> <p>Board Certified: American Board of Family Practice</p> <p>Prior Experience: 25 years in the Public Health Service, CEO of the Gallup Indian Medical Center. 14 years University Health.</p>	<p>Sandra Smith, MD <i>Staff Physician</i></p>  <p>Degree: Hahnemann University School of Medicine, Residency: Southern New Mexico</p> <p>Board Certified: American Board of Family Practice</p> <p>Prior Experience: North Country Community Health Center, Private Practice</p>	<p>Eamon Armstrong, MD <i>Staff Physician</i></p>  <p>Degree: University of Witwatersrand, Johannesburg. Residency: University of Rochester/ Highland Hospital Family Medicine Residency Program, Rochester, NY.</p> <p>Board Certified: American Board of Family Practice</p> <p>Prior Experience: Faculty and Assistant Professor, University of Wisconsin Department of Family Medicine, Assistant Clinical Professor, Penn State College of Medicine, Department of Family and Community Medicine.</p>	<p>Amy Knox, RNC, OGNP <i>Staff Nurse Practitioner</i></p>  <p>Degree: Bachelor of Science in Nursing, Mercy College of Detroit; Nurse Practitioner Training, Billings, MT</p> <p>Certified: Obstetric and Gynecologic Nurse Practitioner; American Society for Colposcopy and Cervical Pathology</p> <p>Prior Experience: Women's Health Care. 10 years University Health.</p>	<p>Maria Denny, PMHNP <i>Psychiatric Nurse Practitioner</i></p>  <p>Degrees: Master of Science in Nursing: University of Arizona College of Nursing; Bachelor of Science in Nursing: Marquette University</p> <p>Board Certified: Adult Psychiatric-Mental Health Nurse Practitioner American Nurses Credentialing Center</p> <p>Prior Experience: Fronske Health Center, School of Nursing, NAU</p>
<p>Karen Busch, BSN, ANP <i>Staff Nurse Practitioner</i></p>  <p>Degree: Bachelor of Science in Nursing, Metropolitan State College.</p> <p>Board Certified: ANCC, Adult Nurse Practitioner</p> <p>Prior Experience: Department of Public Health, Anchorage, AK; Hospital Nursing in Critical Care Unit, Intensive Care Unit, Neonatal ICU, and Emergency Room, Family Practice Nursing. 17 years University Health.</p>	<p>Amy L. Ramsey, BSN, MS, FNP-C <i>Nurse Practitioner</i></p>  <p>Degrees: Master of Science in Nursing, Arizona State University, Bachelor of Science in Nursing: Northern Arizona University</p> <p>Certification: American Academy of Nurse Practitioner's</p> <p>Prior Experience: Mountain View Pediatrics, North Country Community Health, East Flagstaff Family Medicine, RN: Medical Surgical, One-call/physician referral line; Flagstaff Medical Center</p>	<p>Wendy Wetzel RN MSN FNP AHN-BC <i>Staff Nurse Practitioner</i></p>  <p>Degrees: RN, Registered Nurse, Madison General Hospital; Bachelor of Science in Nursing, California State University; Master of Science in Nursing, Sonoma State University</p> <p>Board Certified: Advanced Practice Holistic Nurses</p> <p>Prior Experience: Primary and women's ambulatory health care for over 30 years. Pediatric and neonatal ICU, labor and delivery, military health care.</p>	<p>Darlene Merritt, MSN, PMHNP <i>Psychiatric Nurse Practitioner</i></p>  <p>Degree: Masters of Science in Nursing, Arizona State University; In Progress Doctorate of Nursing</p> <p>Board Certified: American Nurses Credentialing Center as an Adult Psychiatric Mental Health Nurse Practitioner</p> <p>Prior Experience: Counseling and Consultation, ASU; Saguaro and Red Rock Corrections Center, Eloy, AZ; Superstition Mountain Mental Health, Apache Junction, AZ; Florence County Jail, Florence, AZ</p>	<p>Jo Cahill, MS, RD <i>Dietitian</i></p>  <p>Degree: Master of Science in Nutrition, West Virginia University; Dietetic Internship, University of Iowa Hospitals and Clinics; Bachelor of Science in Nutrition, Kent State University</p> <p>Prior Experience: 3 years clinic/hospital dietetics, 2 years community health, 10 years outpatient counseling, 8 semesters teaching at NAU</p>