

### Health Center Co-Pays

- Physician or Nurse Practitioner: \$10/visit
- \$0 co-pay for Nurse or lab visits
- \$0 co-pay for RYP Preventive Care visits

### Health Center Payment Options

- Visa/Mastercard/AMEX
- Health Care FSA Card
- Check

### Staff

- Pamela Deberghes, MD: Medical Director
- Phillip Shriver, MD: Physician
- Ann Thurston, FNP: Nurse Practitioner
- Debbie Clark, RN: Lead Nurse Manager (RDC)
- Wendy Quinlisk, RN: Nurse Manager (CSC)
- Debra Asselta, RN, MS: Health Risk Disease Management Nurse

### Health Center Locations, Hours, & Contact Info

El Paso County Employee Health Center (RDC)  
2880 International Circle  
Lower Level Rm. N010  
Colorado Springs, CO 80910  
Monday through Friday from 8 AM-5 PM  
719-520-7080

El Paso County Employee Health Center (CSC)  
1675 W. Garden of the Gods Rd. Suite #1053  
Colorado Springs, CO 80907  
Monday through Friday from 8 AM-5 PM  
719-520-7600

Additional Benefits Contacts  
EBMS Member Services: 866-887-4115  
EBMS Care Link: 866-894-1505  
ComPsych (Employee Assistance): 800-272-7255  
Express Scripts Member Services: 855-738-1153

**Premise Health 24/7 Nurse Line: 877-820-9168**

### AAAHC Medical Home Accreditation

The El Paso County Employee Health Centers are accredited by the Accreditation Association for Ambulatory Health Care (AAAHC) as a Patient Centered Medical Home. AAAHC Medical Home Accreditation is a high achievement and mark of excellence recognizing that the El Paso County Employee Health Centers have adopted best practices and comply with nationally recognized standards of care that include: patient rights and responsibilities, organizational governance and administration, patient and care team relationship, comprehensiveness of care, continuity of care, accessibility of care, clinical records and health information, and quality of care.

### About Premise Health

Premise Health is the world's leading direct healthcare provider. For the past 50 years, forward-thinking organizations around the globe have relied on us to deliver the industry's widest range of customizable services, and the highest quality of care available through a direct healthcare access provider. Delivering phenomenal access with onsite, nearsite, and virtual care, we've pioneered the most effortless healthcare experience to date.

For more information on Premise Health, visit [www.premisehealth.com](http://www.premisehealth.com).



# El Paso County Employee Health Centers

Operated By  Premise Health.



## Health & Wellness Focus



El Paso County Employee Health Center services complement your medical insurance benefits, providing you with comprehensive, affordable, convenient, and excellent health care.

We encourage you to make the Health Center “the hub” of your personal wellness program. Visit the Health Centers to take advantage of our health and wellness services, meet the staff, and make an appointment today!

### Health Center Staff

Two Board Certified Family Practice Physicians and one Board Certified Nurse Practitioner provide service at both El Paso County Employee Health Centers.



RN Managers, Medical Assistants, Administrative Assistants, and a Health Risk Disease Management Nurse work closely with our providers at each health center to offer you an enhanced level of service.

Our health care staff is committed to caring for your current/future health care needs, following evidence-based practices and clinical guidelines, assisting you with reaching your personal health goals, coaching you and your family through health care concerns and issues, and referring you to outside specialists as needed.

## Health Services



El Paso County Employee Health Centers offer quality, convenient, and affordable medical care, along with a full range of preventive health and wellness services to El Paso County employees, dependents, and retirees who participate in the El Paso County medical plan.

El Paso County Health Center services include:

- Comprehensive Individual/Family Primary Care
- Acute Care (e.g., flu, fever, viral infections, nausea, cuts, sprains/strains, headaches, rashes, etc.)
- Preventive Health (e.g., Annual Physicals)
- Virtual Health
- Disease Management & Health Coaching
- Stress Management Counseling
- Smoking Cessation Counseling
- Wellness Education/Support
- Referrals to Specialists
- Vaccinations, Injections, & Laboratory Services
- Ages seen: 6 months through adult



Visit us online at [mypremisehealth.com](http://mypremisehealth.com).

## Visiting the Health Centers



### Health Center Hours of Operation

El Paso County Employee Health Centers are open Monday through Friday from 8 AM to 5 PM.



### Scheduled Appointments

To schedule an appointment at the Regional Development Health Center (RDC), please call 719-520-7080. To schedule an appointment at the CSC Health Center, please call 719-520-7600. You can also visit us online at [mypremisehealth.com](http://mypremisehealth.com).

### Same Day Appointments

Illnesses and injuries are often unpredictable. The health centers can accommodate acute care needs. Same day appointments can fill quickly; patients are encouraged to call early to ensure same day appointment availability.

### Emergencies

If you are having a life- or limb-threatening medical emergency, please call 911 or go to the nearest emergency room. For after-hours urgent care, please go to a local urgent care center approved by your insurance.