

Poudre School District Integrated Health Management System



PSD is committed to supporting employees and promoting a healthy work/life balance in every way. A new Integrated Health Management system is part of these comprehensive efforts, combining all aspects of health and wellness into one cohesive, connected approach.

Employee Health Clinic

PSD has partnered with the University of Colorado Health, Associates in Family Medicine, and Miramont Lifestyle Fitness to provide benefited employees and their dependents with increased access to care through an employee health clinic. Employees and dependents must be enrolled in a PSD health plan to access the clinic.

Clinic Services located at:

University of Colorado Health Walk-in Clinic
2211 S. College Avenue, Fort Collins, CO 80525
Phone: 970-237-6339
Contact Melissa Johnson with PSD Benefits for more information.



Wellness

PSD is committed to fostering environments that support employee success through comprehensive wellness programming. Examples include biometric screenings, health assessments, fitness assessments, wellness services and classes, flu shots, discounts at local fitness centers, and more! PSD is excited to support you in your health and wellness efforts with our continually growing employee wellness program. Wellness opportunities are available to all PSD employees, regardless of benefit status.

Wellness Services located at:

2407 Laporte Avenue
Web: <http://www.psdschools.org/department/wellness>
Phone: 970-490-3455
Contact Ashley Schwader for more information.

Employee Assistance Services

PSD employees and family members can access Employee Assistance Services to help cope with the demands and stresses of life. Staff is available with problem-solving strategies and confidential mental health counseling services to help employees solve personal issues and move forward in a positive, healthy manner. EAS services are available to all PSD employees and their dependents, regardless of benefit status. Contact EAS directly to set up an appointment.

EAS Services located at:

2850 McClelland Drive Suite 2200, Fort Collins, CO 80525
Web: <http://eas.psdschools.org>
Phone: 970-488-4925

Lifestyle Health Management

Available to benefited employees and dependents on a referral basis, this program will assist those at risk for a chronic condition such as hypertension, asthma, diabetes, arthritis, and bipolar disorders. Services are completely voluntary and confidential. Support tools may be provided to improve nutrition, fitness, and overall health.

Lifestyle Health Services are located at:

Miramont Lifestyle Fitness
2211 South College Ave. Ft. Collins, CO 80525
For information on the referral process for Lifestyle Health Services, contact the PSD Benefits Department.