Welcome
to Via Christi Healthier You
Welcome to Healthier You

We’re ready to help you feel your best

Healthier You is the preferred provider network for Wichita-based Spirit employees and their families.

As a participant in Healthier You, you have access to a smart, coordinated network of doctors, hospitals and other healthcare providers working together to deliver personalized, compassionate care. From preventive checkups, to specialty and rehab care, to ongoing coordination from navigators, we bring you cost-effective health and wellness expertise in your everyday life.

For your benefit

Our smart, coordinated network offers you a better experience at every stage of your care.
Know your network

As a member of Healthier You, you’ll have access to the same robust group of primary care providers and specialists previously available to you from Aetna.

However, there will be changes to the hospitals and facilities network in Sedgwick and Butler counties.

To find an in-network provider near you, visit healthieryou.org/spirit

Why should I choose a doctor or facility that participates in Healthier You?

Healthier You providers work together to ensure you have access to the right care, at the right time, in the most appropriate setting. You also save on out-of-pocket costs.

Visit aetnanavigator.com for information on your benefits and tools to estimate the cost of common health services.

Member services

Healthier You offers personalized support through an experienced team of nurses, social workers and other healthcare professionals, known as navigators. Navigators partner with you to connect your health and wellness to everyday life. These services are offered at no cost to you and your participation is confidential and voluntary.

Participate in one of these programs and earn Healthy Spirit activity points. Enroll online at healthieryou.org/spirit or call 316-719-1431.
If you or a loved one have complex medical needs, you may require a more intensive level of care. Via Christi Healthier You care navigators proactively work to arrange the care and resources needed to improve your quality of life by developing a personalized care plan.

This can include:

- Helping you manage self-care routines for chronic conditions and complex diagnoses
- Identifying and intervening on potential issues to help you stay out of the hospital and emergency room
- Reviewing medications and assisting with compliance
- Performing safety assessments, such as fall risk and oxygen therapy
- Connecting members — and their families — with community resources for additional support, and more
Via Christi Proactive

This series of programs offers you both health and wellness care for different areas of your life. Each provides members with personalized care plans and access to experienced healthcare professionals, educational classes and online community support.

Proactive Prenatal guides expectant parents from the first trimester to postnatal care — including adoption. It is designed to help improve health outcomes for mothers and babies and reduce preterm births.

Proactive Well-Child guides parents from their child’s birth through the first 18 months, promoting overall health and wellness for the child and family.

Proactive Diabetes Management is designed to help members — and their families — live well with type 1 and type 2 diabetes. You will learn to balance food, exercise and medicine to keep your blood glucose in a healthy range. You will also learn ways to strengthen self-management by partnering with a navigator to develop personalized schedules, prevent complications, plan for travel and sick-day care, and more.

Proactive Behavioral Health provides brief, solution-based therapy for members and their families. It is designed to promote a healthy mind, body, and spirit and improve overall well-being.

Proactive Back Health is designed to help members with chronic back and neck pain improve their musculoskeletal wellness and quality of life.
Accidents happen, and knowing when you need emergency care can save a life. Knowing where to go in a situation that’s not life threatening can save you time and money. Study this chart closely — you never know when you’ll need to make the choice between immediate care and the ER.

**When to call 911 or go directly to the ER:**
- Any severe pain, injury or bleeding
- Burns
- Broken bone or dislocation
- Chest pain, shortness of breath or stroke-like symptoms
- Head or spinal injury
- Loss of consciousness
- Overdoses or poisoning
- Post-operative problems (call surgical service)
- Pregnancy problems (call OB service)
- Severe asthma episode, allergic reaction or seizures

**When to choose immediate care:**
- Asthma episodes or mild allergic reactions
- Colds, fevers, flu symptoms
- Ear, sinus and urinary tract infections
- Headaches and migraines
- Mild abdominal or back pain
- Nausea and vomiting
- Pinkeye and eye irritations
- Stitches for minor cuts or lacerations
- Strains, sprains and splinting for fractures
- Sunburns or other minor burns
Walk-in clinics, immediate care and ERs

### Immediate care and walk-in clinics

**Derby Family MedCenters**
1. 1101 N. Rock Road, Derby
   - 316.788.6963

**Susan B. Allen Immediate Care**
2. 401 W. 7th St., Augusta
   - 316.558.5575

**The Little Clinic (in Dillons)**
3. 3211 S. Seneca St., Wichita
   - 316.670.1582

4. 7707 E. Central Ave., Wichita
   - 316.651.2500

5. 4747 S. Broadway St., Wichita
   - 316.529.3084

6. 10515 W. Central Ave., Wichita
   - 316.721.7385

7. 10222 W. 21st St. N., Wichita
   - 316.729.1537

8. 1624 N. Rock Rd., Derby
   - 316.554.2126

9. 225 E. Cloud Ave., Andover
   - 316.554.2606

**Via Christi Immediate Care**
10. 3311 E. Murdock, Wichita
    - 316.274.8107

11. 13213 W. 21st St. North, Wichita
    - 316.946.1789

**West Wichita Minor Care Clinic**
12. 8200 W. Central Ave., Suite #4, Wichita
    - 316.721.4910

### Hospital ERs

**Via Christi Hospital St. Teresa**
13. 14800 W. St. Teresa, Wichita
    - 316.796.7000

**Via Christi Hospital St. Joseph**
14. 3600 E. Harry, Wichita
    - 316.268.5000

**Via Christi Hospital St. Francis**
15. 929 N. St. Francis, Wichita
    - 316.268.5000

**Susan B. Allen Memorial Hospital**
16. 720 W. Central Ave., El Dorado
    - 316.321.3300

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For a complete list of hospitals and facilities near you, visit [healthieryou.org/spirit](http://healthieryou.org/spirit) or [aetnanavigator.com](http://aetnanavigator.com)
Congratulations on joining Via Christi Healthier You. You can take charge of your health — start by reviewing our list of providers and care facilities. Whether you need a new primary care physician, well-care for your family, preventive screenings, or ongoing care for an existing condition, there's a trusted clinician near you. For more about the ways we can keep you and your family well, visit healthieryou.org/spirit.