

Contact information for DRIVE Wellness Center

Phone: 949.672.9900

Within Western Digital: x29900

3355 Michelson Drive, Suite 490

Irvine, California 92612

Hours

Monday, Wednesday, Thursday, Friday 8am-5pm

Tuesday 9am - 5pm

Online Appointment Scheduling

www.stjosephhoaghealth.org/drivewellness



Go to the appointment portal today
to make an appointment online.

<http://www.stjosephhoaghealth.org/drivewellness>

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STAYING HEALTHY SHOULDN'T BE HARD WORK

Why DRIVE Wellness?

DRIVE Wellness Center provides you with immediate and less costly medical services while eliminating the aggravation of experiencing a long wait and drive to a doctor's office. Utilizing this great benefit puts you in the driver's seat of your healthcare – according to your schedule and at your convenience.

DRIVE Wellness Center is available for employees, spouses, domestic partners, and dependents 18+. The center is operated and staffed by St. Joseph Hoag HealthSM, ensuring your medical information will be kept safe and separate from any Western Digital[®] personnel information. When you come to DRIVE Wellness Center, you'll experience a holistic approach to care provided by a multi-disciplinary team of professionals.

Our Services and Fees

- Preventive Care – No Charge
- Medical Care (non-preventive) -\$65
- Acupuncture - \$40
- Behavioral Health Services – No Charge
- Care Management – No Charge
- Chiropractic Care - \$40
- Health Coaching – No Charge
- Nurse Visit – No Charge
- Physical Therapy Evaluation -\$40
- Physical Therapy Treatment - \$25
- Lab Draw (preventive) – No Charge
- Medication Dispensing (Preventive Anthem Prescription drug list) – No Charge
- Medication Dispensing (Generic; non-preventive) -\$10 copay
- Preventive flu shots and vaccines – No Charge
- Travel Consults (work related) – No Charge
- Expedited specialist referrals within the St. Joseph Hoag Health Network of Care

*Fees are subject to change annually

Medical & Preventive Care

Our providers are available for annual physicals which include a comprehensive assessment of your body composition, preventive care, vaccinations, and blood draw services. Our providers can evaluate your needs, address illness and minor injuries, and even dispense medications before you walk out the door.

Medication Dispensing

Generic preventive medicine is dispensed in a 90-day supply at no charge, with all other medicines are dispensed at \$10. Employees must establish care at the DRIVE Wellness Center to participate in the medication dispensing program.

Acupuncture

Acupuncture is a Traditional Chinese Medicine technique involving the insertion of extremely fine needles into specific points of the body. It is used in physical medicine to balance energy flow, enhance recovery, and to reduce pain and inflammation. Additional methods include acupressure, guisha, cupping, and essential oils for relieving pain and improving circulation and healing.

Behavioral Health

Receive individual and group counseling through a variety of offerings including private sessions, yoga and mindfulness classes, and workshops for small or large teams/groups on-site or off-site. Focus areas include stress management, workplace dynamics, anxiety, major life events, grief counseling, adult ADD, enhanced group functioning, and behavioral change.

Complex Care Management

A highly personalized and collaborative approach for eligible individuals with complex, chronic, or catastrophic illnesses. Receive a comprehensive plan to assess, implement, coordinate, monitor, and evaluate options and services to achieve optimal physical and emotional well-being.

Chiropractic Care

A custom blend of non-invasive therapies and hands-on techniques used to treat musculoskeletal complaints, alleviate pain and tension, and restore movement and function.

Disease Care Management

A hands-on approach in helping eligible enrollees take charge of their chronic conditions like diabetes, COPD, asthma, coronary artery disease, congestive heart failure, and certain musculoskeletal conditions.

Lifestyle Coaching

Custom programs tailored to your health and wellness goals. Individual counseling sessions to create practical meal plans, exercise recommendation (type, duration and intensity), stress management, sleep improvement and lifestyle measurement tools to track success.

Physical Therapy

A holistic approach to assess and treat acute and chronic mobility issues, post-operative orthopedic recovery, soft tissue injuries and more. Physical Therapy incorporates a broad range of interventions, such as ultrasound, electrical muscle stimulation and treatment techniques to reduce pain, restore function, improve body mechanics, and prevent injuries.



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