

Wellness Center

Promoting a holistic approach to wellness!

The Wellness Center provides a variety of health and wellness programs designed to support employees, retirees, and their families. These programs promote physical, mental, and emotional well-being, empowering participants and their dependents to live healthier, more fulfilling lives.



NEW! Orthopedic Sports Medicine Center

1305 Plaza Court, Suite A-C
Platte City, MO 64079



WELLNESS CENTER HOURS

- Mon/Tues/Thurs: 7am-6pm
- Wed/Fri: 7am-noon
- **NEW!** Sat: 8 am-noon



816-858-2167



info@pcr3wellnesscenter.com



www.pcr3wellnesscenter.com



[@pcr3wellness](https://www.facebook.com/pcr3wellness)



FEE STRUCTURE

Non-HDHP - \$0

HDHP - \$10

Non-Member - \$40

SERVICES & ON-SITE TESTING

Evaluation of Acute Illness

Sports Physicals

Weight Loss Program - \$50 per month

Nutrition Coaching

Seasonal Flu Vaccines

Total Cholesterol (TC)

High-Density Lipoproteins (HDL)

Triglycerides (TRG)

Low-Density Lipoproteins (LDL)

TC/HDL Ratio

Glucose

Hemoglobin A1c

Mono Testing

Pregnancy Testing

Strep Testing

Urine Analysis

Influenza A&B Testing

COVID Testing

RSV Testing

Tuberculosis Screening



The Wellness Center, a Platte County School District and SIPGKC Partnership, is available to all members in the SIPGKC, including Smithville, Fort Osage, Blue Springs, Grain Valley, Platte County, and Harrisonville located at OSMC in Platte City.

