

# About your health center

3371 W. Cleveland Road,  
Suite 120  
South Bend, IN 46628  
574-218-6700



## Meet your providers



### Rebecca Rockers, Physician

As a child, Dr. Rockers knew she was passionate about receiving her medical degree one day, as she would often practice suturing her stuffed animals and mending their imaginary ailments. She went on to complete her combined pre-med and medical education at the University of Missouri-Kansas City School of Medicine and her family medicine residency at Memorial Hospital in South Bend. She has been board certified through the American Board of Family Medicine since 2000.

Dr. Rockers enjoys enhancing the patient experience by fostering a relationship built on trust and connectivity. She believes that patient-centered primary care is vital to improving health outcomes.



### Channah Klor, Family Nurse Practitioner

Channah's interest in medicine began at a young age. She would often witness her father, a physician, treat his patients and community at all hours of the day. Through her upbringing, she learned the great responsibility and satisfaction in caring for others. She completed both her undergraduate and graduate schooling at Indiana University in South Bend and worked in Memorial Hospital's neonatal intensive care unit as a registered nurse before becoming a family nurse practitioner. She previously worked as a nurse practitioner at Minute Clinic before transitioning to Everside Health.

Channah provides her patients with individualized care that focuses on both mind and body. She aims to build a trusting relationship that imparts peace of mind and an improved quality of life.

## Features

- More time with your provider
- Little to no wait
- Same-day and next-day appointments for urgent issues
- 24/7 virtual access

## Services

- Annual physical exams
- Chronic condition management
- Full-scope family medicine
- Men's & women's health
- Mental health
- No cost onsite lab work
- School and sports physicals
- Select medications available onsite at little to no cost
- Sick and urgent care

## Hours

<b>Sun.</b>	Closed
<b>Mon.</b>	7 am - 6 pm
<b>Tue.</b>	9 am - 7 pm
<b>Wed.</b>	6 am - 6 pm
<b>Thu.</b>	9 am - 7 pm
<b>Fri.</b>	6 am - 4 pm
<b>Sat.</b>	Closed

Schedule your appointment, call **574-218-6700**  
or visit [eversidehealth.com/sign-in](https://eversidehealth.com/sign-in)



# Our services

## In-person and virtual care (for adults and children)

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be offered in Everside Health Centers (not a complete list). Our onsite providers make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

Primary and preventive care		Labs
<ul style="list-style-type: none"> <li>Acute illness visits &amp; treatment*</li> <li>Basic vision screening (color &amp; near vision)</li> <li>Biometric screening</li> <li>Blood pressure and vitals screening</li> <li>Chronic condition management*</li> <li>Comprehensive personal evaluation including routine checkups*</li> <li>Coordination with other providers (e.g., specialists, hospitals)*</li> <li>Depression &amp; anxiety*</li> </ul>	<ul style="list-style-type: none"> <li>DOT/CDL Physicals</li> <li>Fitness &amp; nutrition coaching*</li> <li>Health risk assessment*</li> <li>Hearing screening (audiometry) - <i>at site nearby</i></li> <li>Lifestyle &amp; risk-reduction coaching*</li> <li>Onsite medications (<i>or home delivery</i>) at no cost</li> <li>Pediatric visits*</li> <li>Pre-op evaluations &amp; clearance</li> <li>Routine adult physicals</li> <li>Sports physicals</li> <li>Women's health</li> </ul>	<ul style="list-style-type: none"> <li>Basic metabolic panel</li> <li>Blood draws &amp; sample collection</li> <li>Cholesterol</li> <li>COVID test</li> <li>Hemoglobin A1c</li> <li>Rapid Influenza test</li> <li>Rapid Mononucleosis test</li> <li>Pregnancy test</li> <li>Screening for diabetes</li> <li>Rapid Strep throat test</li> <li>Urinalysis</li> </ul>
Procedures		Behavioral health
<ul style="list-style-type: none"> <li>Asthma/Pulmonary treatments</li> <li>Basic ENT procedures</li> <li>Basic wound care</li> <li>Dermatological procedures including mole removal</li> <li>Ingrown toenail removal</li> </ul>	<ul style="list-style-type: none"> <li>Skin biopsy</li> <li>Skin cyst removal</li> <li>Skin tag &amp; wart removal (cryo)</li> <li>Stitches</li> <li>Suture/Staple removal</li> </ul>	<ul style="list-style-type: none"> <li>Anxiety assessment &amp; treatment*</li> <li>Depression assessment &amp; treatment*</li> </ul>
Immunizations		Diagnostic testing & vitals
<ul style="list-style-type: none"> <li>Flu vaccine - Seasonal</li> <li>Flu vaccine - High Dose - Seasonal</li> <li>Hepatitis A series</li> <li>Hepatitis B series</li> <li>HPV series (human papilloma virus)</li> </ul>	<ul style="list-style-type: none"> <li>Meningococcal</li> <li>Pneumococcal</li> <li>Shingles</li> <li>Tdap (tetanus, diphtheria, pertussis)</li> </ul>	<ul style="list-style-type: none"> <li>Blood pressure &amp; vitals</li> <li>EKG</li> <li>Peak flow testing</li> <li>Spirometry</li> </ul>

### Health portal: Visit [members.eversidehealth.com](https://members.eversidehealth.com) to get access

- Available 24/7
- Download your personal health record
- Email your provider securely
- Make and manage prescriptions from your provider
- Manage your membership
- Request refills and view prescriptions

\*Available for virtual appointments. Follow-up in-person care will be coordinated with your provider if needed.



**Get the app and schedule an appointment today at any of our convenient locations.**

Call 866-808-6005 or visit [members.eversidehealth.com](https://members.eversidehealth.com)

Learn more at [eversidehealth.com/ibew153](https://eversidehealth.com/ibew153)

