



## INTRODUCING H-E-B WELLNESS PRIMARY CARE

**H-E-B Wellness Primary Care** is a primary care practice that offers comprehensive and personalized care. H-E-B Wellness Primary Care makes quality primary care accessible and provides services such as sick and annual exam visits, 24/7 access to care, basic lab work and more—all for an affordable cost and no copays. We are excited to partner with **QuikTrip** and invite you to make H-E-B Wellness your primary care family doctor.

## MEMBERSHIP BENEFITS

When you become a H-E-B Wellness Primary Care member, you and your dependents ages 12 and up receive top-quality care that includes:

- ✓ **Medical Visits (In-Person & Virtual)**
- ✓ **Integrated Care Navigation**
- ✓ **Nutrition Services**  
Nutrition Assessments, Label Education, InBody Scans
- ✓ **Physical Therapy\***
- ✓ **Chiropractor (San Antonio Only)**
- ✓ **Mental Health Support\***
- ✓ **Imaging\***  
X-rays and Cardiovascular
- ✓ **Chronic Care Support**
- ✓ **Well Women Health Services**  
Clinical Breast Exams, Pap Smears & Pelvic Exams,  
Birth Control Consultations for IUDs, Nexplanon, Oral  
and Injectable Contraceptives (Insertion & Removal)
- ✓ **After Hours Care\*\***
- ✓ **AmCare Pharmacist (Available for Medication  
Therapy Management)**

\*Clinic provider referral is required. Session limits are subject to the treatment plan set by the provider for Mental Health Counseling, and Physical Therapy. Services vary by location.

\*\*In-person access to a provider during business hours and non-emergency phone access to medical guidance after hours.

## HOW IT WORKS

**QuikTrip** will pay 100% of the monthly membership fee\* for eligible employees.



## FREQUENTLY ASKED QUESTIONS

### **How is H-E-B Wellness Primary Care different from urgent care clinics?**

H-E-B Wellness Primary Care is not an urgent care clinic. We are a full-service primary care doctor's office intended to be your primary care doctor. This allows us to focus on keeping you well while promoting optimal health and reducing your risks for chronic disease.

### **Does H-E-B Wellness Primary Care offer urgent care services?**

Yes, while we are not an urgent care clinic, same-day appointments for urgent care needs are available and subject to availability.

### **What do H-E-B Wellness Primary Care clinics offer?**

We offer full-service primary care for patients 12 and older. Services include acute care, wellness visits, physical therapy, health and nutrition coaching, specialty referrals, and lab tests.

### **What about your staff?**

Our clinics are staffed by experienced physicians, nurses, dietitians, and other licensed medical professionals. This offers you a coordinated approach to your wellness needs under one roof.

### **What if I need after-hours care?**

Primary Care Members have 24/7 access to care through our on-call service. Non-member after-hours care is not offered. If you are experiencing a medical emergency, please call 911.

### **Can I visit any of your locations?**

Yes, all H-E-B Wellness Primary Care locations accept appointments.

### **What is included in my membership?**

All your primary care visits at H-E-B Wellness Primary Care locations are included, as well as 24/7 telehealth access to a primary care provider. Routine lab tests ordered by your H-E-B Wellness Primary Care provider and routine vaccinations are also included. Hospital services and specialist care are not included in your membership.

### **Do I still need to provide my insurance card at the time of my appointment?**

Yes, if you have insurance through your employer, provide your insurance information in case you are referred to a specialist outside of H-E-B Wellness Primary Care.



## **CLINICS IN SAN ANTONIO, AUSTIN, HOUSTON & CORPUS CHRISTI**

For a full list of all clinic locations across Texas, visit:

[heb.com/wellness/primary-care](https://heb.com/wellness/primary-care)

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**TO SCHEDULE AN APPOINTMENT, CALL:**  
**855-803-WELL (9355)**

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**SCAN TO LEARN MORE:**

