



Let's work together to make wellness possible for your team



Tina Pariani, DO • Ben Ness, PT, DPT • Lorena Kaplen, RDN, LDN

Partner with us to offer your employees H-E-B Wellness Primary Care: a blend of health services with a food-first approach – plus the convenience, cost savings, and care you can expect from H-E-B. Connect with our Business Services team today to learn more!

A WELLNESS PLAN WITH REAL BENEFITS

- Less stress and great quality care means happiness and health for your employees and cost savings for your business.
- A connected health experience means health management and a range of services your employees deserve – online, in-store, and in our clinics.
- A dedicated care navigation team means a coordinated approach to preventative and acute wellness care – all under one roof.

OUR BUSINESS SERVICES COMMITMENT

- Account management
- Employee communication and engagement services
- Quarterly and annual reporting of employee utilization and employer savings
- Competitive pricing plans to fit your business needs

Client Testimonial

"We wanted to offer our team a benefit that would really be of great value to them and their families; H-E-B Wellness Primary Care gave us this. A great organization who truly values our partnership but also cares about their patients. There's no complaint too small or idea too grand that they will not take into consideration! Our team constantly raves about H-E-B Wellness Primary Care and all they offer!"

- TSAOG Human Resources Supervisor

Our Wellness Services

H-E-B Wellness Primary Care members and their dependents ages 12 and up receive top quality care



PRIMARY CARE

Affordable, upfront pricing. Membership options available.

- Sick care for common illnesses & minor injuries
- Annual check-ups, sports & camp physicals
- Treatment for chronic conditions like diabetes & hypertension
- Vaccines & basic lab testing
- In-house clinical pharmacist

Insurance is not accepted.

MENTAL HEALTH COUNSELING

H-E-B Wellness Primary Care team has licensed professional counselors to help you develop skills to cope with stress, anxiety, trauma, depression, and more.

Session limits are subject to the treatment plan set by the provider. Clinic provider referral is required.

NUTRITION SERVICES

Work with an H-E-B Dietitian on:

- Weight management
- Diabetes management
- Childhood & family nutrition
- Cancer nutrition support
- Food allergies
- Digestive support
- Sports nutrition
- Cardiovascular health

We accept most insurances.

PHYSICAL THERAPY

- Strength & Conditioning
- Sports prep & sports injuries
- Pre- & Post-surgical care
- Neck & Back pain
- Balance & Stability

Services vary by location. Insurance is not accepted.

What makes us different?

WE MAKE IT EASY.

We take the stress out of getting and staying well by providing wellness products and services in one convenient stop.

WE SUPPORT YOUR TEAM.

From caring physicians* and dietitians to carrying the products your employees need, we help guide them on their wellness journey.

WE GET YOUR TEAM ANSWERS.

Getting diagnosed with a condition can be frustrating. That's why we take the time to get to the root cause of your employees' concerns.

*** All physicians are employed by or under contract with H-E-B Wellness Primary Care, a Texas non-profit health organization.**



Ready to make a difference in your employees' wellness?

Get in touch with our team today. Email business@hebprimarycare.com or visit www.heb.com/wellness/business-services to learn more.