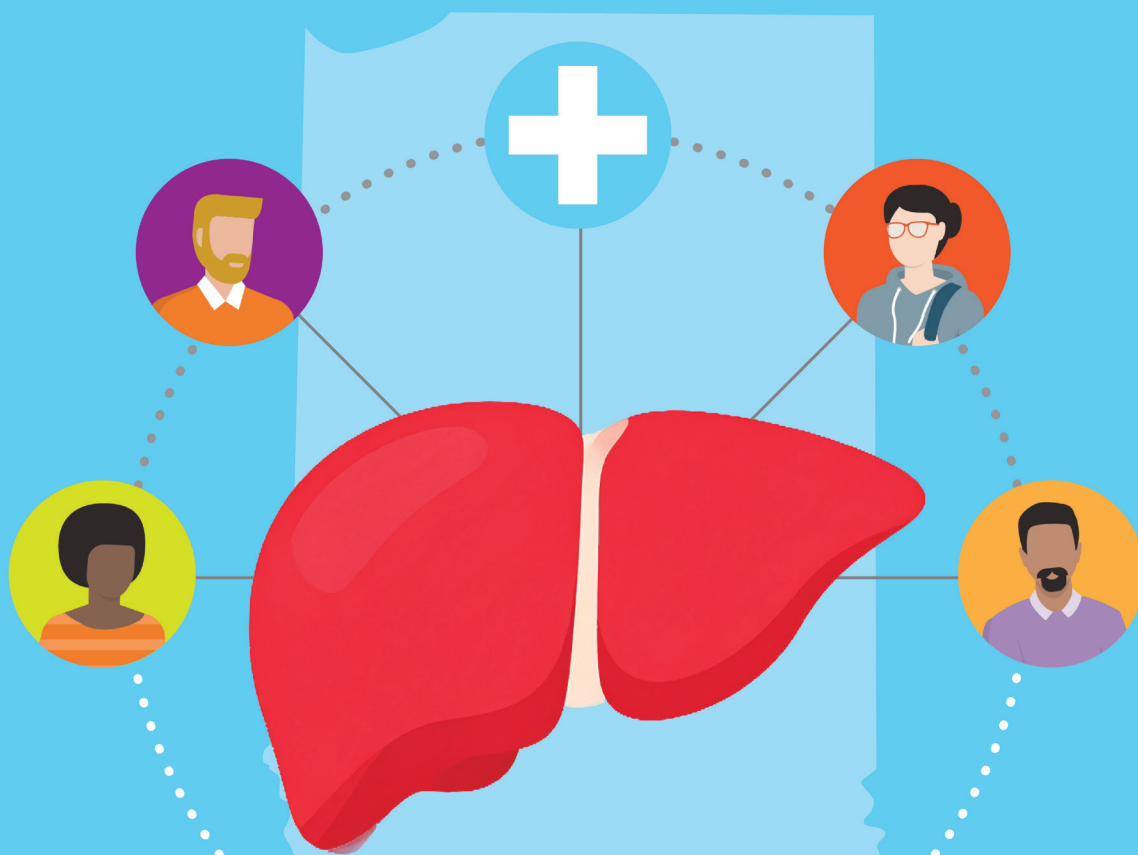




CONNECTING HOOSIERS TO CARE and a Cure for Hepatitis C



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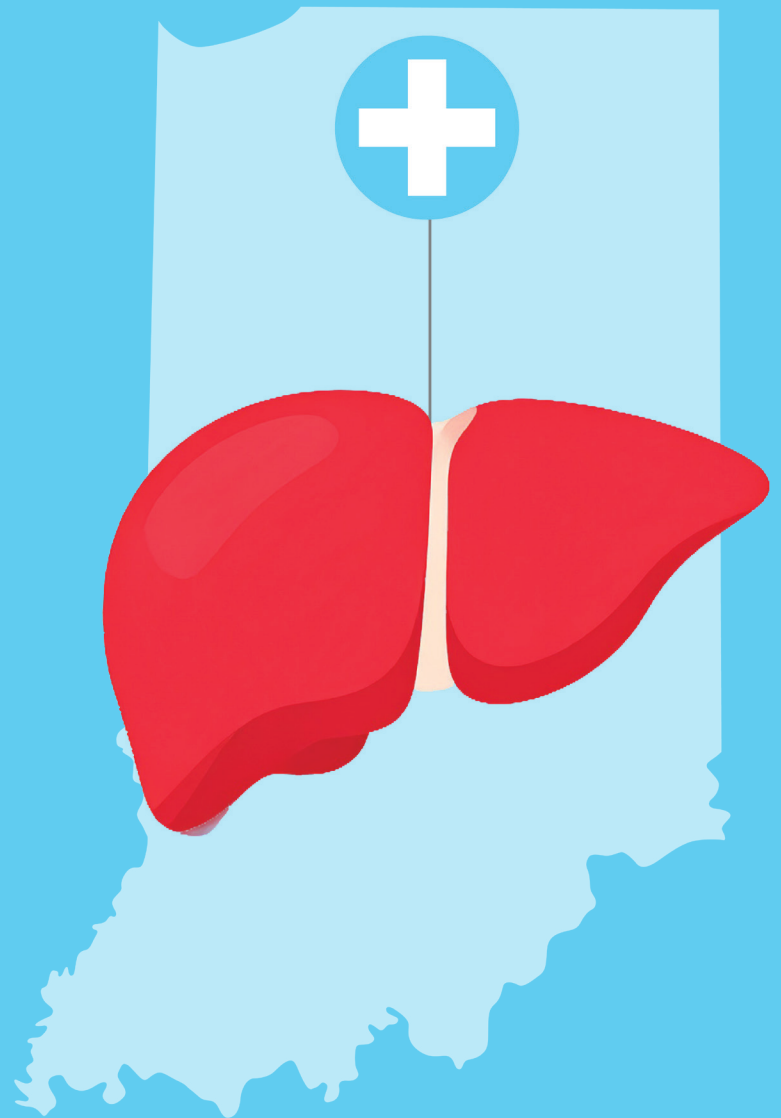
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**“Individuals are sometimes
uninformed that Hep C can be
spread from sharing normal
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Jayne Weir.

**“I take every opportunity I can
to explain and make them
aware of how easy it is to get.”**

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Great Job!



Connecting Hoosiers to Care and a Cure for Hepatitis C

MAKING HCV TESTING AND TREATMENT SIMPLE AND ACCESSIBLE FOR ALL HOOSIERS

Hepatitis C is the most common blood-borne pathogen in the United States, killing more than 10,000 Americans and leading to billions of dollars of healthcare costs every year. October is Liver Cancer Awareness Month, and having hepatitis C is a significant risk factor for adult liver cancer.

Hepatitis C is transmitted when blood from someone who is infected enters the body of another person. While sharing needles and syringes for injecting drugs as well as unprotected sexual contact with someone living with Hep C puts an individual at higher risk, there are also other ways to contract the virus such as using someone else's toothbrush, nail clippers, or razor.

"Individuals are sometimes uninformed that Hep C can be spread from sharing normal everyday items," says Aspire Indiana Health Hepatitis C Coordinator Jayne Weir. "I take every opportunity I can to explain and make them aware of how easy it is to get."

In 2019, Indiana ranked first in the nation for the rate of reported acute hepatitis C (HCV) cases,

[according to the Centers for Disease Control and Prevention \(CDC\)](#). And the Hoosier state also showed higher-than-average rates in other recent years, such as ranking fifth in the U.S. for acute HCV cases in 2020 and ninth in 2021.

"We've had Hep C program funding from the Indiana Department of Health for about 10 years, but the funding really only covered kits for rapid Hep C antibody testing," says Aspire Team HOPE Director Julie Foltz. "At that point, when someone got a reactive result, we encouraged them to visit their healthcare provider, but we couldn't do much more for them. **We began to see more and more reactive cases – but had no services available. It wasn't until a few years later that the state started to provide more funding for case management and care coordination.**"

CONNECT TO CURE INITIATIVE

The State of Indiana began the statewide initiative called [Connect to Cure](#) in June 2023.

This initiative launched with funding from the Indiana Department of Health's Health Issues and Challenges grant program to provide hepatitis C testing, care coordination and support across 19 regional sites in the state.

"It matches so closely with what we were already doing for people living with HIV through the Ryan White program, that when the state rolled out Connect to Cure, it was a good fit for us," Foltz says.

In 2024, 2,798 Hoosiers were newly reported with hepatitis C. It is estimated that more than 40,000 Hoosiers are living with hepatitis C, according to [HepVu.org](#). One-third of those living with Hep C don't know they have it because many people don't have any symptoms. Testing is the only way to know for sure.

"We have a team out in the community who does the testing in 32 counties throughout Indiana – going to jails, health departments, recovery shelters and soup kitchens," Foltz says. "And now, when we have an individual who gets a reactive test, we can

link them to our Hepatitis C coordinators to connect them with resources and help them get treatment."

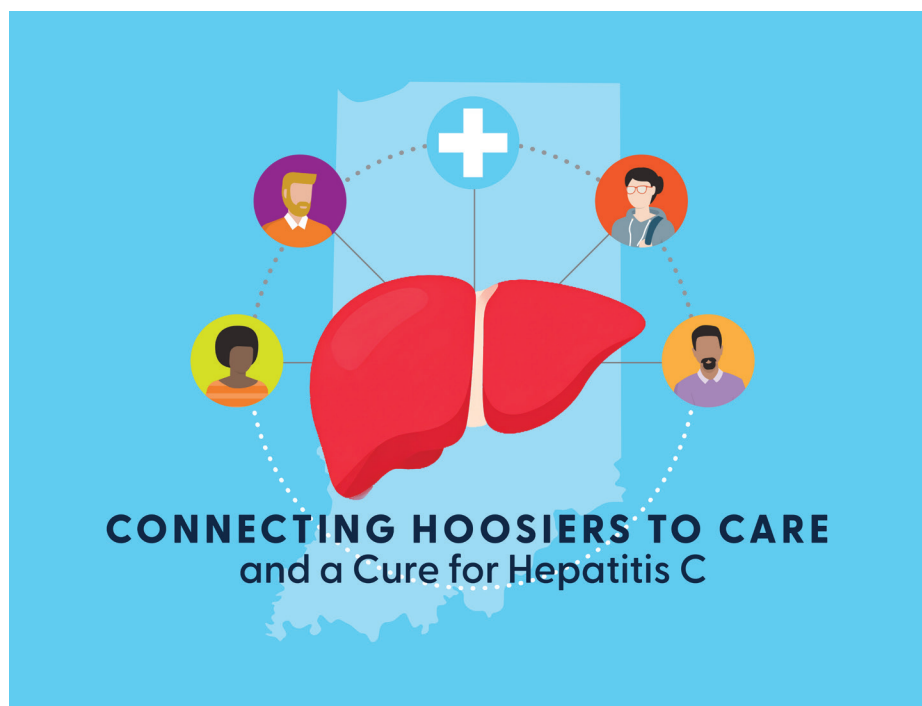
FIGHTING STIGMA WITH ADVOCACY

The Connect to Cure program has 18 care

coordinators in Indiana, and two of them are Aspire employees. Jayne Weir and Abby Vonderschmitt offer their services in 17 counties between the two of them – services that are free of charge to the clients they work with. Their goal is to make contact with individuals after they have received a reactive (or positive) HCV antibody test and walk with them through their journey toward treatment.

Ninety-five percent of those living with hepatitis C can be cured.

"I will meet my clients where they're at – both literally and figuratively," Vonderschmitt says. "I have met people in jail, on the sidewalk, anywhere they need in order to get them the support and services they need. I like to meet with my clients in person as much as I can to build that relationship and rapport with them, and to show them I'm serious about their health."



Costs of Hepatitis C in Indiana

Hepatitis C is the most common blood-borne pathogen in the United States, killing more than 10,000 Americans¹ and leading to billions of dollars of health care costs every year.²

In 2024 2,798 Hoosiers were newly reported with hepatitis C.

1/3

of those living with hepatitis C are unaware of the diagnosis³

50%

or more of those infected become chronic carriers⁴



40,200

Estimated number of Hoosiers living with hepatitis C.⁵

Treating only 50% of Hoosiers currently living with hepatitis C would lead to over \$1 billion in potential medical costs saved!

Untreated, hepatitis C can lead to severe and costly forms of liver disease including: liver scarring (cirrhosis), liver cancer, and end-stage liver disease requiring transplant

20%

of those living with chronic hepatitis C develop **cirrhosis** within 20 years⁶

\$878,000

the average cost of a **liver transplant**⁷

Curative treatment through direct acting antivirals (DAAs), that is highly effective and well-tolerated, can dramatically reduce the risk of these complications, saving substantial money in total healthcare costs. Costs for these DAAs have dropped in recent years due to market competition, generic status, and manufacturer rebates.

1 pill a day for 8-12 weeks with national average price of 23-25K (for the two most common medications)²

95%

of those living with hepatitis C can be cured.⁴

Saves \$57,000-199,500 per patient

Estimated cumulative per-patient hepatitis C related savings following treatment.²

(20,100 Hoosiers x \$57,000 per patient savings) assuming a 95% cure rate

\$1,088,415 in total estimated savings



Get Connected to Cure

<https://www.connecttocure.org/>



CONNECT TO CURE
org



Indiana Department of Health

1. <https://www.cdc.gov/hepatitis-surveillance-2023/hepatitis-c/index.html>
2. <https://stateofhepc.org/wp-content/uploads/2023/02/State-of-Hep-C-Treatment-Costs-Fact-Sheet.pdf>
3. https://www.cdc.gov/hepatitis-c/hcp/diagnosis-testing/index.html#cdcreference_1
4. <https://www.cdc.gov/hepatitis-c/hcp/clinical-overview/index.html>
5. <https://map.hepvu.org/profiles/state/indiana/overview#H0-1-Populations>
6. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6883731/>
7. <https://edge.sitecorecloud.io/millimaninc5660-milliman6442-prod27d5-0001/media/Milliman/PDFs/Articles/2020-US-organ-tissue-transplants.pdf>

Not being serious about their healthcare is often part of the stigma linked to people using drugs, especially those who are actively using substances. And that is why Weir and Vonderschmitt often have trouble finding primary healthcare providers to serve their clients with HCV.

“I have worked really hard to find primary care providers who will work with and treat people with hepatitis C, because not everyone will,” Vonderschmitt says.

“It’s the provider’s choice whether they want to treat someone or not, and there is still a lot of stigma around hepatitis C – especially when the primary risk factor is injection drug use,” Foltz says. “But there is no reason to withhold treatment from someone just because they use drugs. Everybody is worthy of treatment.”

“Many of these people are in survival mode,” Weir says. “They’re doing what they can to meet their basic needs to stay alive. Some of them may know they have hepatitis C and just don’t have the means to get to an appointment. They are just trying to live, and that’s why we come alongside them and support them, whether that’s giving them a ride or connecting them to other resources.”

TREATING IS PREVENTION

The treatment regimen for Hep C involves taking a combination of medications for eight to 12 weeks, depending on the medicine and the individual.

“Often, these individuals are looked at as ones who will not take their medication,” Weir says. “And I’ve not had one client yet who didn’t take their medicine. Not one.” One untreated person could

potentially transmit HCV to 25 other people. So by getting treated, you’re helping yourself, but you’re also greatly reducing the risk of transmitting the virus to others.

A cure is possible – and the Aspire team is here to help. Vonderschmitt says when she meets with her clients, she also lets them know about Aspire’s other programs that are available to them.

“Even though we are helping to treat them for hepatitis C, I always think of them as a whole person and what other services they might need, whether that’s medical or behavioral services, housing, employment or other special needs.”

Foltz says Weir and Vonderschmitt are both fierce advocates for getting treatment for their clients and showing up with love through their actions.

“This is really just about loving other human beings, and that’s what we do,” she says. “We accept them as they are, and we help them understand they are worthy of care and treatment. We let them know it’s OK to love themselves, and one way to show love is by taking care of their health and wellbeing.”

To learn more about hepatitis C and help break down the stigma associated with it, please visit: <https://www.in.gov/health/hiv-std-viral-hepatitis/files/IDOH-Hepatitis-C-Fact-Sheet-2023-EN.pdf>.



Bringing a Whole Lot of PEACE: Inside Aspire's Culture

ASPIRE INDIANA HEALTH STANDS OUT IN THE FIELD OF HEALTHCARE FOR ITS UNIQUE, WHOLE HEALTH APPROACH. PATIENTS CAN ENTER ANY DOOR, AT ANY TIME, FOR ANY NUMBER OF SERVICES.

Aspire prides itself on being accessible, affordable and, most importantly, supportive. And there is a secret ingredient in Aspire's ability to reach this high-level of care: culture. Aspire has a rich workplace that focuses on people, engagement, appreciation, culture and experience. Arranged accordingly, and you find **PEACE**.

The PEACE team is a small but mighty team of hardworking individuals coming together to enhance the everyday experience for the rest of the Aspire community. A PEOPLE-first team dedicated to making Aspire an amazing place to work, the PEACE team focuses on boosting engagement, showing appreciation and helping employees feel valued. This approach to creating experience and building an inclusive culture keeps Aspire team members feeling supported and reinforces the overall mission of Aspire Indiana Health.

PEACE Team Manager Tiffany Simmons explains the focus and dedication of the team. "Through



Simmons

recognition, belonging and meaningful connections, we're here to spark joy, strengthen teams and ensure that every employee feels valued, seen and supported."

The PEACE team hosts a variety of programs to support the culture of Aspire – facilitating team bonding, celebrating team and/or individual milestones and fostering community connections along with collecting data to enhance the employee experience.

"The PEACE team is here to help, whether it's celebrating a team's accomplishments or facilitating a group team building exercise," Simmons says. When it comes to team building, PEACE goes beyond simply setting up a single day of activities. There is a customized approach, examining each team to see what works best,



Aspire Indiana Health

PEACE

PEOPLE • ENGAGEMENT • APPRECIATION
CULTURE • EXPERIENCE

building a plan with the team's input for expectations, and setting up a time to revisit the team to follow up and re-evaluate. And if something isn't working, PEACE goes back to the drawing board. It is a collaborative, unified effort to address real change within a team dynamic, and PEACE is excited to be a part of that journey.

Each member of the PEACE team has a unique role to support the PEACE mission. The team is composed of: **Briley Trusty, Employee Engagement Specialist; Jayson Jefferson, Employee Experience Specialist; Camryn Ellison, Executive Coordinator and Belonging Specialist; and Mary Wilham, Administrative Coordinator.**



Wilham

A CULTURE OF APPRECIATION

When an Aspire employee submits a ticket to the PEACE team, **Mary Wilham** is the one who receives, reviews and distributes it

appropriately. She also oversees the Great Job recognition process and the Service Awards.

If an Aspire employee wants to recognize their colleague for a great job on a task, project or with a patient or client, they can submit a Great Job form, which Mary then reviews and will prepare for Aspire's monthly Healthbeat Magazine. "I hope more people consider nominating their coworkers for Great Jobs," Wilham says. Great Jobs are designed to be thoughtful reflections of having observed how our colleagues are making a real impact on the community we serve. They're a great way to showcase how much we're paying attention to the "wins" of our coworkers.

When an Aspire employee hits a significant milestone, such as a one-, five- or 10-year anniversary, Mary reaches out to recognize the accomplishment with a gift from Aspire. These touchpoints strive to deepen the recognition and

appreciation culture at Aspire.

ENGAGEMENT ISN'T JUST A METRIC

A cornerstone of **Briley Trusty's** role on the PEACE team is hosting Brainstorming with Briley, a monthly



Trusty

session at various Aspire locations to meet with employees in real time to get feedback and/or suggestions.

"The best way I can describe it is that it's like an open house where people come and can get lunch and talk to me about what they need," Trusty says. The Brainstorming with Briley sessions always have some sort of catered meal, be that lunch or

breakfast depending on the time frame, and an open forum to discuss what challenges may need addressed.

“The whole reason we started Brainstorming with Briley is because we wanted to know what was going on at each location,” she adds. “We wanted to go see

what’s happening and let people know they’re being heard.” If employees don’t want to or don’t have the time to speak with Briley in person, they can leave notes in a suggestion box. Real tangible change has been born out of these sessions, too. For example, during a session, some therapists explained they had concerns about privacy because it was easy to hear through the walls when they were with patients. With the support of PEACE team leadership, Trusty was able to provide the therapist with noise machines to cancel out some of the drifting noises.

“I hope people know I’m here to listen to them – good, bad, ugly, anything,” Trusty says. “I’m here to support you and hear what you have to say. I encourage folks to come talk to me when I’m having these sessions at their locations to help us understand what is happening and what we can do to help.”

YOUR EXPERIENCE MATTERS

As employee experience specialist, **Jayson Jefferson** facilitates programming through Culture Amp – an employee experience platform that helps improve employee engagement, performance and development by collecting, analyzing and acting on employee feedback –



Jefferson

as well as the Life Cycle Surveys.

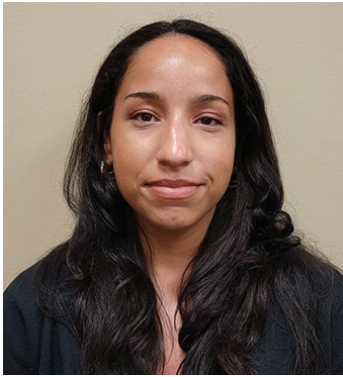
He’s working with a lot of data from the 45-, 90- and 180-day reviews as employees use the program to give feedback to Aspire and manage

their check-ins. Jefferson says, “It gives new and early hires a voice or platform to gauge their current working environment. This collection of feedback also helps the managers adjust their onboarding and training approach.”

Jefferson uses the feedback from these various surveys and data collections to create a monthly report. The Roundtable Report is shared with leadership, showing a snapshot of Aspire’s progress. It also allows leadership to detect any potential challenges early to improve engagement and experiences within the organization. The data also helps to spawn ideas and create solutions on what can be improved for the overall employee experience at Aspire. Stories turn into data, data turns into action, and action turns into change.

“I’m more than just the survey guy,” Jayson says.

“I encourage people to have conversations with me so I can make sure their experiences and voices are being heard because it does make an impact within the organization.”



Ellison

FEELING SEEN AND VALUED

Camryn Ellison, who is the belonging specialist and executive coordinator, leads the Communities of Connections programs. Widely

referred to as Employee Resource Groups or Affinity Groups at other organizations, Aspire's unique approach encourages deeper community connection across various groups.

The Communities of Connection program offers spaces for LGBTQ+ employees, BIPOC (Black, Indigenous and People of Color) employees, and those interested in learning more about diverse abilities and neurodiversity.

Other groups include parents and caregivers, veterans, and early career professionals. Others may find community within groups focused on intergenerational collaboration, planning for retirement or interfaith beliefs. Aspire employees who want to be better allies or learn about allyship can learn about how to build bridges across differences and stand in solidarity with colleagues and communities. The Communities of Connection have been through a series of developmental changes, with the addition of several groups based on real employee interest. Ellison, alongside Chief People & Public Health Officer Dr. Gina Forrest,

collected data from a company-wide survey to select the types of groups Aspire employees wanted to participate in.

"These groups play an integral role in nurturing community and belonging," Ellison says. The Communities of Connection fulfill a vital element in fostering inclusion and community by providing brave spaces for people to share experiences, advocate for meaningful change, and connect with one another. Communities of Connection aspires to empower individuals to bring their authentic selves into the workplace, enhance engagement, cultivate innovation and boost overall morale.

In addition to facilitating Communities of Connection, Ellison meets with new hires during orientation with Dr. Gina to welcome new Aspire employees and go through expectations. **"We walk through what it means to work at Aspire, what they should look forward to, and promote that we're an inclusive environment,"** she says.

Ellison also spends a great deal of time working in Culture Amp with the one-on-one systems. If Aspire employees are struggling to navigate Culture Amp or unsure of the best way to utilize the one-on-one function, Ellison offers additional training.

"I hope more people know the PEACE team is here," Simmons says. It's a team of people dedicated to nourishing a culture of support, appreciation, collaborating and bringing a whole lot of PEACE to Aspire.



Employee Spotlight: Jason Epple

DIRECT CARE COORDINATOR/LIFE SKILLS TRAINER



Imagine one of your favorite drummers from one of your favorite bands is putting on a demonstration/ performance in your city. You go, and you end up having the opportunity to jam out with him for a few minutes! Well, that was an amazing, true story for Jason Epple.

Several years ago, Stephen Perkins of Jane's Addiction hosted a drumming demonstration at Guitar Center in Indianapolis. Jason was among

the crowd when Stephen Perkins invited the audience up to jam with him. "Most people were too afraid to do it," Jason explains. "I was one of maybe three or four people, and we formed this little circle and jammed for five minutes." This innate vigor, willingness to be bold, and enthusiasm to reach out to opportunities offered speaks to the spirit of Jason Epple.

At 15 years old, Jason began to teach himself how to play the drums after being introduced to the instrument in high school. “I figured out that with time, work and dedication, I kept getting better and better,” he says as he recounts his early drumming days. His innate drive and determination serves him both personally and professionally – it’s a skill he can use directly in his work as a Care Coordinator/Life Skills Instructor. Jason has been with Aspire for the past six years, helping to educate individuals “on how to have a better strategy for a higher quality of life.

That is what appeals to me – helping people, problem solving, and finding a better way of doing things.”

Problem solving and finding a better way of doing things could be the mantra for Jason’s life. During the early COVID-19 pandemic, when social distancing was still new, Jason found himself needing an outlet for his music. Out of frustration, he decided to go to the park with a djembe hand drum, when an idea sparked. “I could actually write structured drumming songs if I assembled a big kit of all different kinds of percussion gear.”

Rejuvenated with this idea, Jason did just that. Now he has about 15 songs to perform. His innovative way of thinking about problems influences his work. He applies the same logic to helping his clients reach milestones and achieve measurable goals. He recalls a client who struggled with agoraphobia. Together, they were able to strategize a plan for the client to leave the house for a walk – and that eventually became the best part of her day.



Jason Epple is bursting at the seams with passion. His joy for creating music seeps out into his joy for helping clients. He takes his spark of creation and shapes it to fit not only his needs but the needs of his clients. Many of his performances can be [found on YouTube here](#).





Aspire 5k Fun Run

INSHAPE IS ASPIRE'S FITNESS AND WELLNESS PROGRAM DESIGNED TO IMPROVE HEALTH, WELLBEING AND LONGEVITY OF LIFE FOR INDIVIDUALS EXPERIENCING SERIOUS MENTAL ILLNESS (SMI).



Aspire's 3rd Annual 5k Fun Run and Walk took place Saturday, September 27 at Conner Prairie, bringing together more than 250 people to support InSHAPE, Aspire's fitness and wellness program designed to improve health, wellbeing and longevity of life for individuals experiencing serious mental illness (SMI).

"This was a great, family-friendly event that brought together Aspire employees, family and friends to support Aspire and the InSHAPE program," says Jody Hall, Aspire CC/LSI and InSHAPE personal trainer. "We love seeing people get out into the fresh air to promote both physical and mental health, and we really appreciate all those who helped make the InSHAPE program what it is today."

Event sponsors included INcourage, Leo's Market & Eatery, Fleet Feet, athletic annex, Sober Joe Coffee Co, Bhatta Boom, CIRTa, Ed Martin, Katherine Patton DDS, Peacock Family Chiropractic, Peterman Brothers, KWK Management Group, andhealth, Complete Office Supply and Amundsen Davis.

Thank you to all our sponsors and to everyone who participated in the race or volunteered their time!





Social Media Hits

A LOOK BACK AT OUR TOP SOCIAL MEDIA HITS IN SEPTEMBER!





Aspire Indiana Health

Compassion Gallery



YOU ARE CORDIALLY INVITED

to Aspire's Second Annual Compassion Gallery. Join us at The Children's Museum of Indianapolis for an evening of reflection and celebration.

WHEN:

Wednesday, December 10 at 6:30 p.m.

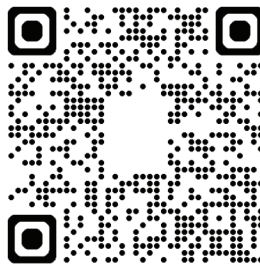
WHERE:

The Children's Museum of Indianapolis
3000 N Meridian St, Indianapolis, IN 46208

WHAT:

Cocktail reception and seated dinner with program, followed by exploration of hand-picked exhibits alongside your friends from Aspire.
Business attire recommended.

To RSVP by November 20, [click here](#) or send an email to: SpecialEvents@aspireindiana.org or by scanning the QR code to the right.



Seating is limited. Register today to ensure your spot!



Aspire News

RELY CENTER TO OPEN ITS DOORS

On October 22 at noon, we will open the doors to [Rely Center](#), a psychiatric urgent care center in Noblesville available to anyone experiencing a mental health or substance use crisis. This was made possible by a [generous investment](#) from Hamilton Commissioners and Council Members.



Aspire renovated a portion of its Noblesville Health Center location on Cumberland Road to accommodate the new state-of-the-art facility.

The center will be staffed by a multidisciplinary team of behavioral health and medical professionals who can provide triage, assessment, rapid stabilization, symptom reduction and observation. It will be a resource for the entire region – with no appointments necessary – for anyone experiencing a mental health or substance use crisis.

SHEEHAN ON INVEST HAMILTON COUNTY PODCAST

Aspire Indiana Health President and CEO Antony Sheehan joined Mike Thibodeau of Invest Hamilton County on a recent podcast episode of Hamilton County Conversations. During the podcast, they discussed Aspire's role in supporting public health locally and beyond.



“We’re trying to make the whole use of healthcare as simple as possible, and I think it’s incumbent on us to do so,” Sheehan says.

“Partnerships are key. At Aspire, we have absolutely adopted the mindset of humility and that if we are going to take care of people in this complex system, we better talk to each other as partners to make it happen.”

The episode is available here:

[Apple Podcast](#)

[Spotify Podcast](#)

HAMILTON COUNTY DESIGNATED AN INDIANA HEALTHY COMMUNITY

[Hamilton County has been officially designated](#) as an [Indiana Healthy Community](#) by the Wellness



Huddleston

Council of Indiana! The designation recognizes the community’s commitment to improving the health and quality of life for its residents. A coalition of key stakeholders – including Aspire Indiana Health – helped facilitate the achievement,

working together to complete a comprehensive community assessment.

“This certification will help us continue to tell our story of partnership, which we believe brings better care to the people we serve,” says Aspire Vice President of Community Partnerships dianna Huddleston.

“It will also help our community focus more clearly on the areas of health that will most impact our collective wellbeing.”

WELCOME HOBIE HOLDEN

Give a big, warm welcome to Hobie Holden! Hobie is Aspire’s new physician assistant (PA) for MACY, our mobile health clinic, and at our primary care health center location in Lebanon. He has a Bachelor of Science from Liberty University as well as a Master of Physician Assistant Studies from Butler University. Hobie is also certified by the National Commission on Certification of Physician Assistants (NCCPA). Prior to joining Aspire, he worked as family medicine PA at Raphael Health Center. Welcome, Hobie!



Holden



COMMERCIAL DRIVER’S LICENSE EXAMS

Aspire Indiana Health is now offering Indiana Commercial Driver’s License (CDL) physical exams at its Elwood Health Center for a flat rate of \$75. To schedule an exam, call (765) 552-5009.



Great Job!

GREAT JOB RECOGNITION FOCUSES ON OUR PEOPLE, PATIENTS & PARTNERS.
TO SEND IN YOUR NOMINATION, CLICK THE BUTTON BELOW.



Savita Bokil, Clinical Applications Analyst III,

went above and beyond her role on the collaborative documentation project throughout her four months of involvement. In addition to data gathering and advising on EHR functionality, she helped with developing content across multiple areas and worked with the marketing team for videos. She was eager to offer new ideas, and she brought a sense of humor and camaraderie to the team.

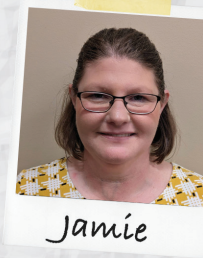


Savita



Jamie Wilson, Accounting Services Representative,

has exemplified what it truly means to live out Aspire's mission. Her dedication to ensuring our clients receive timely housing support has had a profound impact on their ability to maintain stability. Her ability to stay present, responsive and kind shows her deep care for the people we serve, the teammates she supports and the partnerships that make our work possible.



Jamie



Ambia Dorsey, Clinical Manager Assessment Services,

has gone above and beyond her role, not only taking on her core responsibilities, but taking on a few additional tasks to support the team's success. You are appreciated, and you bring such value to this organization. Thank you, Ambia!



Ambia



Melissa Walters, Supervisor Assessment Services,

is a true example of unwavering dedication and hard work related to her job. She consistently gives her best every day, showing a strong commitment to not only her responsibilities but also to the success and wellbeing of this team. Her leadership, reliability and mindset sets a standard of excellence that inspires her whole team.



Melissa



Darrian Southern, Peer Specialist, has been so helpful with our new Aspire pharmacy transition. Our Madison County

Problem Solving Court partners have been trying to navigate the opening of our new Aspire pharmacy, and Darrian has helped walk the team and her clients through this process, making sure her clients have access to their prescriptions.



Darrian



Early Detection Saves Lives!

For non-Hispanic Black women and Hispanic women, breast cancer is the leading cause of cancer death.

Breast cancer is the second most common cancer among women in the U.S. (after certain types of skin cancer).

For women, ages 40-74, it's recommended to **get a mammogram every 2 years**

To schedule, visit the front desk or online at <https://www.aspireindiana.org/>



Annual Health Visits are important for people of all ages and help you stay up to date on vaccines, screenings, lab work and help support your overall well-being.

NEED TO SCHEDULE?

Visit the front desk or schedule online at: <https://www.aspireindiana.org/>