



Meet Your El Paso County Employee Health Centers Care Manager



What is Care Management?

Care management is one of your health center's services that offers support if you're dealing with an ongoing health condition. Our Care Management Nurse is here to help with things like medication management, coordinating between different providers, creating personalized care plans and more. Visits are available in person or virtually at the RDC & CSC El Paso County Employee Health Centers.

Care management is here to help with long-term health challenges, including but not limited to:

- Asthma
- COPD
- Prediabetes
- Diabetes
- Dyslipidemia
- GERD
- Cancer
- High blood pressure
- Low back pain
- Metabolic syndrome
- Migraines
- Obesity
- Osteoarthritis
- Congestive heart failure



Get started today.

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mypremisehealth.com

Who can use these services?

El Paso County employees, dependents (6 months and up), and retirees who participate in the El Paso County medical plan.



Sara Andryshak, RN, BSN

Sara Andryshak is the Care Management Nurse at the El Paso County Employee Health Centers. She holds nursing degrees from New Mexico State University and Capella University. She started her career as a registered nurse case manager and has worked in infection control, population health and care management, and preventative medicine. Sara is excited to help people live their fullest and healthiest lives with Premise Health. In her life outside of work, she loves to spend time with her family, hike, listen to new music, camp, golf, and play in the dirt.

El Paso County Employee Health Center (RDC)
2880 International Circle, Lower-Level Rm. N010
Colorado Springs, CO 80910
Monday – Friday, 8 a.m. – 5 p.m.
Closed for lunch, 12 p.m. – 1 p.m.
(719) 520-7080

El Paso County Employee Health Center (CSC)
1675 W Garden of the Gods Road Suite #1053
Colorado Springs, CO 80907
Monday – Friday, 8 a.m. – 5 p.m.
Closed for lunch, 12 p.m. – 1 p.m.
(719) 520-7600

