

Health Center Co-Pays

- Physician or Nurse Practitioner: \$10/visit
- \$0 co-pay for Nurse or lab visits
- \$0 co-pay for RYP Preventive Care visits
- \$10 co-pay for Behavioral Health Services (first visit is free)

Health Center Payment Options

- Visa/Mastercard/AMEX
- Health Care FSA Card
- Check

Staff

- Pamela Deberghes, MD: Medical Director
- Phillip Shriver, MD: Physician
- Ann Thurston, FNP: Nurse Practitioner
- Carrie Claar, FNP: Nurse Practitioner
- Liz Johnson, PhD: Psychologist
- Debi Asselta, MS, RN, HRCM, CWC, LMC, CTTS: Care Manager and Wellness Coach
- Rob Spallone, RN: Group Health Center Manager (CSC)
- Jared Massey, RN: Health Center Manager (RDC)

AAAHC Medical Home Accreditation

The El Paso County Employee Health Centers are accredited by the Accreditation Association for Ambulatory Health Care (AAAHC) as a Patient Centered Medical Home. AAAHC Medical Home Accreditation is a high achievement and mark of excellence recognizing that the El Paso County Employee Health Centers have adopted best practices and comply with nationally recognized standards of care that include: patient rights and responsibilities, organizational governance and administration, patient and care team relationship, comprehensiveness of care, continuity of care, accessibility of care, clinical records and health information, and quality of care.

Health Center Locations, Hours, & Contact Info

El Paso County Employee Health Center (RDC)
2880 International Circle
Lower Level Rm. N010
Colorado Springs, CO 80910
Monday through Friday from 8 AM-5 PM
719-520-7080

El Paso County Employee Health Center (CSC)
1675 W. Garden of the Gods Rd. Suite #1053
Colorado Springs, CO 80907
Monday through Friday from 8 AM-5 PM
719-520-7600

Premise Health Virtual Services

24/7 Virtual Primary Care:
Call 877-272-0813 or login to
MyPremiseHealth.com and click "Get Care Now"

Virtual Behavioral Health
Call 877-272-0813 to schedule an appointment

Additional Benefits Resources

Quantum Health: 866-885-1484
Express Scripts Member Services: 855-738-1153
Lyra Employee Assistance Program: 877-207-9553
SleepCharge: 877-615-7257
Lantern Surgery Care: 833-814-5702

About Premise Health

Premise Health is the largest direct healthcare provider to employers, offering integrated in-person and digital touchpoints for members. For more information on Premise Health, please visit www.premisehealth.com.



El Paso County Employee Health Centers

Operated By  Premise Health.





Health & Wellness Focus

El Paso County Employee Health Center services complement your medical insurance benefits, providing you with comprehensive, affordable, convenient, and excellent health care.

We encourage you to make the Health Center “the hub” of your personal wellness program. Visit the Health Centers to take advantage of our health and wellness services, meet the staff, and make an appointment today!

Health Center Staff



Two Board Certified Family Practice Physicians, two Board Certified Family Nurse Practitioners, and one Licensed Psychologist provide service at both El Paso County Employee Health Centers. RN Managers, Medical Assistants, Receptionists, and a Care Management Nurse/Wellness Coach work closely with our providers at each health center to offer you an enhanced level of service.

Our health care staff is committed to caring for your current/future health care needs, following evidence-based practices and clinical guidelines, assisting you with reaching your personal health goals, coaching you and your family through health care concerns and issues, and referring you to outside specialists as needed.



Health Services

El Paso County Employee Health Centers offer quality, convenient, and affordable medical care, behavioral health services, along with a full range of preventive health and wellness services to El Paso County employees, dependents, and retirees who participate in the El Paso County medical plan.

El Paso County Health Center services include:

- Comprehensive Individual Primary Care
- Acute Care (e.g., infections, nausea, cuts, sprains/strains, headaches, rashes, etc.)
- Preventive Health (e.g., Annual Physicals)
- Virtual Health Visits
- Care Management and Wellness Coaching
- Behavioral Health Counseling (e.g., anxiety, depression, stress, ADD/ADHD, individual therapy, cognitive behavioral therapy, family/couples therapy)
- Stress Management Counseling
- Smoking Cessation Counseling
- Condition Management Education/Support
- Referrals to Specialists
- Vaccinations, Injections, & Laboratory Services



- Ages seen: 6 months through adult

Visit us online at mypremisehealth.com.



Visiting the Health Centers

Health Center Hours of Operation

El Paso County Employee Health Centers are open Monday through Friday from 8 AM to 5 PM.



Scheduled Appointments

To schedule an appointment at the Regional Development Health Center (RDC), please call 719-520-7080. To schedule an appointment at the CSC Health Center, please call 719-520-7600.

Same Day Appointments

Illnesses and injuries are often unpredictable. The health centers can accommodate same day needs. Same day appointments can fill quickly; patients are encouraged to call early to ensure same day appointment availability.

Emergencies

If you are having a life- or limb-threatening medical emergency, please call 911 or go to the nearest emergency room. For after-hours urgent care, please go to a local urgent care center approved by your insurance.