



# Benefits Guide

Proctor Hospital is providing you a list of services as members of the Forward 55 Program. We are not making a referral to any particular service provider as that decision will be made independently by you, nor are we permitted to vouch for the credentials or quality of services of those providers.

## Cardiac Health Assessments

**Physiological Testing with RM**..... \$150.00

- An overall assessment of your exercise metabolism, endurance, strength and fitness, body composition, flexibility, diet survey. Includes follow-up interpretation of your results.

**Resting Metabolic Testing** ..... \$93.75

- An overall assessment of your metabolism, endurance, strength & fitness. Includes follow-up interpretation of results.

All pricing above reflects a 25% discount.

To schedule an appointment for these screenings or for more information, please call the Proctor Cardiac Rehab Program at (309) 692-9876.

## Heart/Health Screenings at the Hult Center for Health Education

**CBC & Comprehensive Metabolic Profile** ..... \$30.00

- 30 Channel Venipuncture Blood Test. Includes: Cholesterol, Glucose and Triglycerides. Helps doctors diagnose abnormalities related to organ and body functions including liver, kidney, bone, muscle and nutritional status. The complete blood count is used to diagnose anemia & infections.

**Heart Check**..... \$22.50

- Blood Pressure, Blood Sugar Screening, HDL and LDL, Triglyceride Test, Height Measurement, Total Cholesterol, Weight Measurement and a Heart Health Analysis

**Lipid Profile**..... \$15.00

- Venipuncture blood test for Total Cholesterol, HDL/LDL Breakdown and Triglycerides

**Health Check**..... \$6.00

- Blood Pressure, Blood Sugar and Total Cholesterol

**PSA Blood Test**..... \$22.50

- Blood Test to detect possibility of prostate cancer

**Osteo Check**..... \$9.00

- Heel Screening for Osteoporosis (measures bone density)

**PAD Screening**..... \$15.00

- Peripheral Arterial Disease (PAD) affects the arteries outside the heart and brain. This ankle-brachial index (ABI) screening is painless, takes only 15 minutes, and helps determine how well your blood is flowing. During the screening, blood pressure in the feet is compared with the blood pressure in your arms.

All pricing above reflects a 25% discount

To schedule an appointment for these screenings, please call the Hult Center for Health Education at (309) 692-9595.

### Important Notes:

Discounts and benefits only apply at the facilities designated herein and are not applicable for services covered by Medicare or Medicaid. Please present your Forward 55 identification card at time of service in order to receive your benefits. If you have questions regarding the Forward 55 Program, please call Proctor Hospital at (309) 691-1038.

## FREE Subscription to "Progress Report"

You will receive Proctor's health magazine designed to provide general and preventive health information along with descriptions of Health Education classes and events available to you.

## Family Care Program

Proctor Hospital's Family Care Program is designed to assist patients and family members who must travel from outlying areas (beyond 45 mile radius or a 1 hour drive) to Proctor for major surgical and interventional medical procedures. The program assists patients and family members by providing lodging and meals for the patient and his/her immediate family members. For details or to determine eligibility, please contact:

**Social Service Dept** ..... (309) 691-1032

## Medical Equipment and Supplies

10% Discount on durable medical equipment and supplies

### Proctor Medical Equipment

5409 N Knoxville Avenue, Suite 3

Peoria ..... (309) 689-6020

## Physician Referral

**Proctor Physician Referral Service**..... (309) 691-1050

Call from 8:30am to 4:00pm, Monday through Friday.

There is no charge for this service.

## Insurance Products

Free and confidential assistance with your insurance and Medicare questions. Discounts on home, umbrella liability, auto, long term care, Medicare supplement insurance policies and a Prescription Drug Co-Op. **Lillie & Associates** ..... (309) 245-4374

## Hearing Aids

20% discount on hearing aids:

### Hometown Hearing and Audiology

Patty Ally, MS, CCC-A

5401 N. Knoxville Avenue, Suite 116, Peoria ..... (309) 282-0887

### Midwest Hearing Center

Affiliated with Midwest Ear, Nose and Throat

8600 N State Rt 91, Suite 300, Peoria ..... (309) 691-6616

## Proctor Hospital Website

Visit [www.proctor.org](http://www.proctor.org) for:

- Health Education classes and screenings at
  - Hult Center for Health Education
  - Proctor Family Maternity Center
  - Proctor Counseling Center
  - Illinois Institute for Addiction Recovery
- Senior Programs
- A current listing of medical staff
- Information on Proctor Hospital services
- Links to Proctor First Care & Proctor Medical Group
- Can you choose Proctor? Check your plan.

## Vision Care Benefits

### Illinois Eye Center

8921 N Wood Sage Rd

Peoria ..... (309) 243-2400

Or toll free ..... (800) 872-4651

Discount of 20% off routine eye exams, 20% off eyeglasses and all add-ons, 20% off sunglasses, and 15% off contacts. Exclusions may apply.

**Aesthetics** - Free consultation with Aesthetic Coordinator, 20% off purchase of 3 or more Revisions Skincare products.

**Lasik** - Discounted rate of 20% per eye on bilateral Lasik to qualified candidates.

### Independent Ophthalmologists & Optometrists:

Discount of 15% on your out-of-pocket charges on vision care exams and optical products. Exclusions may apply. For specific information please call the providers listed below.

**Clifford Myers, MD** ..... 693-2710

5401 N. Knoxville Avenue, Ste 106, Peoria

**David Balfour, OD** ..... 772-3135

148 East Hurst, Bushnell

**Krey Bixby, OD** ..... 692-0000

6807 N. Knoxville Avenue, Peoria

**Robert Bobell, OD** ..... 647-2020

48 N. Main Street, Canton

**Roger C Croland, OD** ..... 692-2020

6800 N. Knoxville Avenue, Peoria

**Rhonda Dameron, OD** ..... 674-6633

456 Fulton Street, Peoria

**James Farlik, OD**

130 N. Main Street, Canton ..... 647-3396

**James Farrell, MD** ..... 347-5115

101 N. Parkway, Pekin

**Sue Feather, OD** ..... 266-8881

829 W. Jackson Plaza, Morton

**Roger Fitch, OD** ..... 691-4500

4900 N. Glen Park Pl, Peoria

**Todd Funk, OD** ..... 444-5188

100 Hillcrest Drive, Washington

**John Gysin, OD** ..... 692-2525

5901 N. Prospect Road, Ste 11, Peoria

**Richard Kern, OD** ..... 682-6214

4408 N. Knoxville Avenue, Peoria

**Gary Lasken, OD** ..... 692-5500

7815 N. Knoxville Avenue, Peoria

**J Allen Potter, OD** ..... 698-2020

93 Eastgate Drive, Washington

**Lori Sarver, OD** ..... 274-6404

937 N. Second Street, Chillicothe

**Brian Sommer, OD** ..... 263-8611

417 W. Jefferson, Morton

**Robin Crocker Wilson, OD** ..... 690-3336

2000 W. Pioneer Park, Ste 23, Peoria

## Preferred Eye Care Plan

Vision care exams and optical products:

Discounts of 20-40% on your out-of-pocket charges. Exclusions may apply.

For specific information please call the providers listed below.

**Bard Optical** ..... (800) 752-3295

### 17 Convenient Locations to Serve You:

Bloomington, Canton, Champaign, Decatur, East Peoria, Galesburg, Geneseo, Jacksonville, Lincoln, Pekin, Peoria (3 locations), Rock Island, Springfield, Sterling, Washington

Online at [www.bardoptical.com](http://www.bardoptical.com)

**Bond Eye Associates** ..... (800) 243-2020

Discount of 15% on laser vision correction fee determined at initial screening.

725 S. 14th Street, Pekin ..... 353-6660

6800 N. Knoxville Ave., Peoria ..... 692-2020

175 S. Main Street, Canton ..... 647-3937

## Optical Products

### Wendy's Eyeglass Shack

8424 N. Knoxville Ave., Peoria ..... 693-0100

Personalized service and a 15% discount on trendy yet affordable optical products.

Hours: Monday thru Friday 10am - 6pm,  
Saturday 10am - 4pm.

## Fine Jewelry & Gifts

### Bremer Jewelry - 2 Locations

4707 N. University St., Peoria ..... 683-1024

105 Krispy Kreme Dr, Bloomington .. 662-9700

Proctor Forward 55 members will receive:

- 5% savings on any purchase when you show your Proctor F55 card.
- Priority status on jewelry and watch repairs.
- Free watch battery replacement.



Committed to be your most trusted healthcare partner

## Insurance Claims Assistance

**Med-I-Claims** ..... 682-5280

Discount on annual fee for medical/Medicare claims assistance and processing service.

## Health Clubs

Discounts on initiation and/or membership fees.

For specific information please call the health clubs listed below:

### Bartonville Fitness & Wellness Center

4503 Pfeiffer Rd, Bartonville ..... 697-9101

### Canton Family YMCA

1325 E. Ash, Canton ..... 647-1616

### Eastside Sports & Recreation Center

1 Eastside Drive, East Peoria ..... 698-5437

### Five Points Washington

360 N. Wilmor Road, Washington ... 444-8222

### Landmark Racquet and Health Club

3225 N. Dries Lane, Peoria ..... 685-8200

### RiverPlex Recreation & Wellness Center

600 NE Water Street, Peoria ..... 282-1700

### Village Courts Athletic Club

430 W. Edgewood Court, Morton .... 263-0222

### The Y (formerly Greater Peoria Family YMCA)

7000 Fleming Lane, Peoria ..... 692-7631

## Fitness Equipment

5% discount on bicycles and exercise equipment.  
15% discount on parts and accessories.

Discounts also apply to sale items.

### Illinois Cycle & Fitness

9016 N. Allen Rd, Peoria ..... 693-2716

### Russell's Cycling & Fitness Center

10 Valley Forge, Washington ..... 444-2098

## Coordinated Services for 55+

**Long-Term Connections** ..... 369-3428

E-mail: [LTCconnections@comcast.net](mailto:LTCconnections@comcast.net)

10% discount on consulting fee Assistance in coordinating all aspects of retirement including: Insurance and Medicare claim filing/review; Social Security; home care; senior housing; assisted living; nursing home; insurance policy review including health insurance, group insurance, and long-term care.