



**Tulsa FOP 93 Health and Welfare Trust**

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**Welcome to primary care that empowers you.**

## Remedy Health Benefits

- **Unhurried office visits to ensure all issues are addressed fully.** Office visits can be quick and in-office or virtual to ensure minimal time is spent away from school or job duties.
- **Clinic hours** are generally 8:00 am to 5:00 pm Monday through Thursday, and 8:00 am to 12:00 pm on Friday. Personal physician access is 24/7.
- **Onsite pharmacy** provides a broad base of generic medications for distribution at the time of the office visit. Home mail delivery is also available.
- **Onsite lab draws:** All blood and urine testing is free and conveniently performed at each clinic.
- **Full complement of point-of-care testing, procedures and services** provided in-clinic, including digital X-ray, point-of-care ultrasound, laceration repair, and COVID/Flu and Strep testing.
- **Immunizations:** Immunizations are available at each clinic, including the COVID vaccine.
- **Call centers are onsite.** Every call is answered by a Remedy staff member right here in Oklahoma.
- **One stop shop.** From sutures, prescriptions, X-rays, point-of-care ultrasound, specialist referrals, and complete care coordination, Remedy Health is always the first point of contact for any health-related questions or concerns.
- **Each member can choose** their personal physician and home clinic location. Provider preference and home clinic location can be changed at any time.
- **To change** home clinic location designation or provider assignment, simply call **(918) 233-6805** or email [heatherashcraft@remedyhealth.care](mailto:heatherashcraft@remedyhealth.care)
- For any questions, call **(918) 233-6805** or email [heatherashcraft@remedyhealth.care](mailto:heatherashcraft@remedyhealth.care)



# NO-COST MEDICATIONS

AVAILABLE IN  
CLINIC

&  
HOME DELIVERY



Remedy  
HEALTH

## Allergies

Cetirizine 10mg  
Diphenhydramine  
25mg Fexofenadine  
180mg  
Fluticasone 50mcg  
Loratadine 10mg  
Montelukast 5mg,  
10mg

## Antibiotics

Amoxicillin 500mcg  
Azithromycin  
250mg Bactrim DS  
Cephalexin 500mg  
Ciprofloxacin 500mg  
Clindamycin 300mg  
Levofloxacin 500mg  
Metronidazole  
500mg

## Antifungal

Fluconazole 150mg

## Antiviral

Acyclovir 200mg,  
400mg

## Thyroid

Levothyroxine  
50/75/100/150/200

## Antidepressants

Amitriptyline 10/25  
Bupropion XR  
150mg Citalopram  
10/20

Duloxetine 30/60  
Fluoxetine  
10/20/40

Sertraline  
25/50/100  
Trazodone 50/100  
Venlafaxine ER  
75/150

## Antiacids

Famotidine 20mg  
Omeprazole 20mg,  
40mg Pantoprazole  
20mg, 40mg

## Antiemetics

Ondansetron 4mg  
Promethazine 25mg

## Hypertension

Amlodipine 10mg  
Aspirin 81mg  
Carvedilol 6.25/12.5  
Clonidine 0.1mg  
HCTZ 12.5/25  
Lisinopril 10/20/40  
Losartan 25/50/100  
Metoprolol ER  
25/50

## Cholesterol

Atorvastatin 20/40  
Fish Oil 1000mg  
Gemfibrozil 600mg  
Lovastatin 20/40  
Rosuvastatin  
10/20/40  
Simvastatin 20/40

## Diabetes

Glucometer Starter  
Kit Glimepiride 4mg  
Glipizide 10mg  
Metormin 500/1000  
Metformin ER  
500mg

## Pain

Acetaminophen  
Cyclobenzaprine  
10mg Ibuprofen  
600/800  
Gabapentin  
100/300/600

## Steroid

Prednisone 10/20

## Topical

Bacitracin  
Hydrocortisone  
2.5% Mupirocin  
2% Silver  
Sulfadene 1%

## Eye Drops

Ofloxacin 0.3%  
PolyTrim



## Remedy Health Physicians



**Amanda L. Brown, MD**

- 📍 Owasso
- ♥ Family Medicine
- 🗣 Spanish, English



Enrolling New Patients!



**Chelsea Berges, DO**

*Most likely to live off the grid someday.*

- 📍 McAlester
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Chelsea McDonald, DO**

*Most likely to misspell the simplest word*

- 📍 Owasso
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Chris Beene, MD**

*Most likely to win an archery contest*

- 📍 McAlester
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Chris Sudduth, MD MPH**

*Most likely to interject humor.*

- 📍 Broken Arrow
- ♥ Internal Medicine-Pediatrics
- 🗣 English



Enrolling New Patients!



**Corey Schoenewe, DO**

*Most likely to be the doc at a combat sporting event on the weekend.*

- 📍 Broken Arrow
- ♥ Combat Sports, Family Medicine
- 🗣 Spanish, English



Enrolling New Patients!







**Deborah Bearce, PA-C**

*Most likely to get run over by a cow and most likely to have tractor parts in my vehicle.*

- 📍 Chickasha
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Hillary Pane, MD**

*Least likely to catch a popular movie/TV show reference (I read nonfiction & watch dance/musicals)*

- 📍 Midtown Tulsa
- ♥ Psychiatry, Family Medicine
- 🗣 English



Enrolling New Patients!



**James Wingo, MD**

*Most likely to sing along with a song*

- 📍 Owasso
- ♥ Internal Medicine-Pediatrics
- 🗣 English



Enrolling New Patients!



**Jason Macias, DO, MS**

*Most likely to laugh at his own jokes*

- 📍 Broken Arrow
- ♥ Internal Medicine
- 🗣 English



Enrolling New Patients!



**Joy Auld, APRN-CNP**

*Most likely to play in a band*

- 📍 McAlester
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Kacey Wallace, DO**

*Most likely to have too many animals!*

- 📍 Chickasha
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!







**Kaitlin Sauser, DO**

*Most likely to invite someone to a musical*

- 📍 Broken Arrow
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!

Photo Coming Soon

**Pamela Grafton, DO**

*Most likely to know random K-pop facts.*

- 📍 Sand Springs
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Sandra Dietz, APRN-CNP**

*Most likely to quote Star Wars movies.*

- 📍 South Tulsa
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Sarah Hart, APRN**

*Most likely to sing Disney songs at work!*

- 📍 Broken Arrow
- ♥ Family Medicine
- 🗣 Spanish, English



Enrolling New Patients!

Photo Coming Soon

**Shawn Bridwell, PA-C**

*Most likely to be reading or watching the News.*

- 📍 Chickasha
- ♥ Family Medicine
- 🗣 English



Enrolling New Patients!



**Tiari Harris, MD MPH**

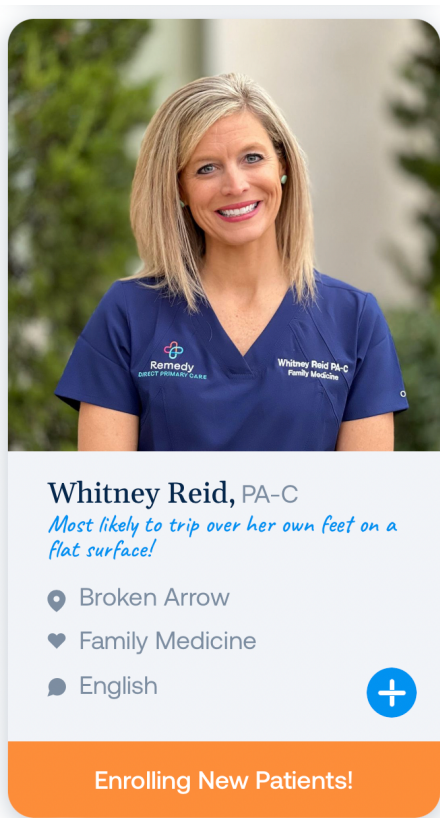
*Most likely to give a word of encouragement*

- 📍 Midtown Tulsa
- ♥ Occupational Medicine / Primary Care
- 🗣 English



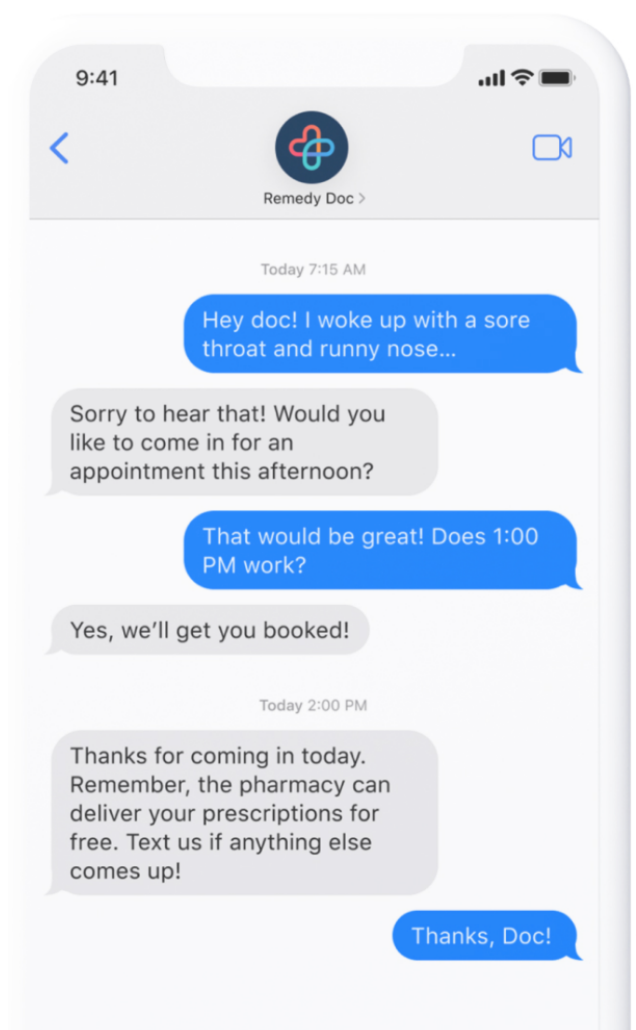
Enrolling New Patients!





**Spruce Health patient communication application:**  
[www.sprucehealth.com](http://www.sprucehealth.com)

Spruce enables direct and secure messaging with your personal physician 24/7/365, sharing of health-related photos and video, medication refill requests, and scheduling. Spruce enables remote management of health needs as well as video or voice calls.



## Several clinic locations in the Tulsa area and state-wide.

**Remedy Health South Tulsa** 5014 E 101<sup>st</sup> St, Tulsa, OK 74137

**Remedy Health Owasso** 8551 N 125<sup>th</sup> E Ave, Suite 175, Owasso, OK 74055

**Remedy Health McAlester** 601 E Carl Albert Parkway, McAlester, OK 74501

**Remedy Health Chickasha** 2402 S 29<sup>th</sup> St, Chickasha, OK 73018

**Remedy Health Broken Arrow** 3315 S Elm Pl, Broken Arrow, OK 74012

**Remedy Health Midtown Tulsa** 3345 S Harvard Ave, Building 200, Suite 201, Tulsa, OK 74135

**Remedy Health Sand Springs** 800 E Charles Page Blvd, Sand Springs, OK 74063 (Spring 2023)

**Remedy Health East Tulsa** 14002 E 21<sup>st</sup> St, Suite 650, Tulsa, OK 74134 (Spring 2023)

**Remedy Health Muskogee** 212 S 38<sup>th</sup> St, Muskogee, OK 74401 (Summer 2023)

**Remedy Health Norman** 2404 Palmer Circle, Norman, OK 73069 (Summer 2023)

**Remedy Health Fort Smith** (Summer 2023)

**Remedy Health Downtown Bixby** (Fall 2023)

**Remedy Health Downtown Jenks** (Winter 2023)

Remedy  
HEALTH



[www.remedyhealth.care](http://www.remedyhealth.care)

Primary care that  
empowers you.

