



HILLTOP WELLNESS CENTER



*** ALL APPOINTMENTS MUST BE SCHEDULED IN ADVANCE ***

Call 607-798-7818 ext 294 or 296 to make an appointment.

Wellness Hours: Monday - Friday 8:15AM - 4:15PM

WHAT TO EXPECT

- ➔ INDEPENDENT RESIDENTS ELIGIBLE FOR WELLNESS APPOINTMENTS MUST BE FREE OF COVID-19 AND SYMPTOMS AND CANNOT BE IN A 14-DAY QUARANTINE OR OBSERVATION PERIOD.
- ➔ Appointments are limited to your specific time. Drop ins or early arrivals are not permitted.
- ➔ ALL RESIDENTS ARE REQUIRED TO BE SCREENED PRIOR TO COMING TO THE WELLNESS CENTER. The day of your appointment, we will call to conduct a pre-screening. The screening will cover all symptoms related to COVID-19 and will include questions related to travel and exposure.
- ➔ UPON ARRIVAL FOR YOUR APPOINTMENT AN ON-SITE SCREENING WILL OCCUR. Your screening will verify that you remain free of COVID-19 symptoms and are not running a fever. Those with a temperature of 100° or greater or any symptoms will not be permitted.
- ➔ All residents are required to sign in and PROVIDE CURRENT CONTACT INFORMATION.
- ➔ A MASK OR FACE COVERING THAT COVERS YOUR NOSE AND MOUTH MUST BE WORN AT ALL TIMES during your appointment. Residents are asked to bring their own mask.
- ➔ YOU WILL BE ASKED TO USE HAND SANITIZER, which will be provided.
- ➔ PHYSICAL CONTACT WITH RESIDENTS. Wellness services preclude the ability to maintain 6' distance (e.g. attaching weights, handing equipment). Trainers will use gloves when providing services which will be replaced after each appointment. Trainers will perform hand hygiene before and after contact. Equipment will be cleaned and disinfected between each use. Employees will wear a face covering that completely covers the nose and mouth and a face shield when providing services directly to customers. Please bring your own water with you.
- ➔ WE ASK THAT YOU NOT ARRIVE TO YOUR APPOINTMENT EARLY. This gives staff time to disinfect the room between appointments. Call us if you need to cancel or change your appointment
- ➔ APPOINTMENTS WILL BE LIMITED to allow for proper sanitation of surfaces between visitors.
- ➔ IN THE EVENT YOU TEST POSITIVE FOR COVID-19 WITHIN 48 HOURS after your wellness appointment, we ask that you promptly notify us by calling 607-798-7818 ext 294 or 296.



** Any new case of COVID-19 in our facility may require immediate suspension of wellness center services. The NYS Department of Health may also halt services. You will be notified via our ReGroup alert system of any changes.*

