



Physician: Melissa Rau, MD

Care Guide: Jessica (Jess) Lai

Phone: (412) 455-5765

Fax: 1(855) 618-2420

Email: seven_fields@peopleonehealth.com

Address:

100 Northpointe Circle, Suite 103, Seven Fields, PA 16046

Office hours:

Monday: Closed

Tuesday-Friday 7:00AM - 4:00PM

All services are by appointment. Same or next-day appointments for established patients available in person or via telemedicine. Please give 24-hour notice for cancellations to ensure availability.

Office-Based Services

- Fingerstick glucose/HbA1C
- Monospot
- Influenza A&B swab
- Rapid strep swab
- COVID rapid antigen swab
- TB testing
- Urinalysis
- Urine pregnancy testing
- PT/INR
- Vision and hearing screenings
- Lab draws

Medical Nutrition Therapy

Registered Dietitian consultations for dietary guidance and meal planning, weight management and chronic disease support

Social/Mental Health Support

Social worker consultations for mental health support, referrals, community resources, drug and alcohol assessments and/or treatment

Health Coaching

Health Coach consultations for weight management, exercise, nutrition, tobacco cessation, stress management, mental health, sleep, health condition management, biometric results and mindfulness

Women's Health

- Breast exams
- Pap collection and pathology/HPV testing covered for Prime members
- Contraception, including emergency contraception, Nexplanon placement/removal (device billed through insurance) and IUD removal

Procedures - coming soon!

Vaccinations

- Influenza, TDaP

Pharmacy Services

Personal pharmacy services with PharmD including medication review, non-covered medication cost concerns

<https://peopleonehealth.com/rx-benefits/>

Partner Pharmacy

The Medicine Shoppe

725 W Ingomar Rd. Ingomar, PA 15127

Phone: (412) 367-5778

Hours: Monday – Friday 10:00 AM – 6:00 PM;
Saturday 10:00 AM – 1:00 PM

Medication delivery provided

DIRECT CARE PARTNERS (Prime Plan Only)

Imaging

North Pittsburgh Imaging Specialists

Stonewood Drive, Suite 100, Wexford, PA 15090

Phone: (724) 935-6200

Hours: Monday - Friday 8:00 AM - 5:00 PM;

Saturday 8:00 AM - 12:00 PM

Services offered: Xray, CT scan, MRI, Ultrasound

Weinstein Imaging Associates

5500 Corporate Dr, Ste 100, Pittsburgh, PA 15237

Phone: (412) 630-2649

Hours: Monday - Thursday 7:30 AM - 4:30 PM;

Friday 7:00 AM - 4:00 PM; every other Tuesday

9:30 AM - 6:30 PM

Services offered: Breast imaging (mammogram, ultrasound), DEXA (bone density), biopsy (breast and thyroid through insurance)

Cardiology Testing

Carlton Cardiology Associates

52 Pine Creek Rd. Suite 120, Wexford, PA 15090

Phone: (412) 322-2622

Services offered: nuclear and treadmill stress testing, ECHOCardiograms, vascular ultrasounds

Pulmonary Testing

Greater Tri State Sleep Center

Phone: (724) 743-4515

Home sleep studies

Physical Therapy

Physical Therapy Institute

802 Warrendale Village Dr. Warrendale, PA 15086

Phone: (724) 609-5862

Hours: Monday, Tuesday, Thursday 7:00 AM - 7:00 PM; Wednesday, Friday 7:00 AM - 12:00 PM

All PTI locations included

Behavioral Health

Summit Psychological Services

300 Northpointe Circle, Suite 105, Seven Fields, PA 16046

Phone: (724) 591-8980

Hours: Monday - Thursday 8:00 AM - 8:00 PM;

Friday, Saturday 8:00 AM - 6:00 PM

Services offered: therapy and counseling for children, adolescents and adults; psychiatric evaluation and medication management by mental health nurse practitioner

Durable Medical Equipment

Penn Home Medical Supply

657 Industrial Park Rd, Ebensburg, Pennsylvania 15931

Phone: (814) 471-0627

CPAP & supplies, nebulizer machines, oxygen, canes/walkers/wheelchairs, commode chairs, hospital beds & mattresses, traction equipment & trapeze bars, orthotics, slings, boots, braces, crutches

The office is closed in observance of the following holidays:

New Year's Eve, New Year's Day

Martin Luther King Day

Memorial Day

July 4th

Labor Day

Thanksgiving & day after

Christmas Eve, Christmas Day

Providers and services are subject to change. If you have questions about services that are not listed please contact the office at 412.455.5765.

Equal care will be provided to all patients, regardless of age, race, ethnicity, physical ability or attributes, religion, sexual orientation, gender identity or gender expression.