



## Healthy Connections Hood River: Direct Primary Care Membership 2019-20

**What is “Direct Primary Care?”** *We are a certified Retainer Medical Practice in the state of Oregon. As part of the Direct Primary Care movement in our country, we are committed to the highest-quality primary care and passionate about returning to the direct relationship between you, the patient, and we, the providers.*

**What services are included in my membership?** *Four visits per year, including:*

- **Annual Health Evaluation**
  - Includes extensive review of health history, personal objectives and annual wellness plan (option to create lifestyle plan with Health Coach)
- **Follow up MD consultation to build and review** plan (expanded follow up consultation)
  - Includes review of lab and other sources of objective data as well as patient report of progress and goals; update wellness plan.
- **Two additional MD visits as needed** (\*plus option to “bank” up to 2 visits if not needed in one year, useable in the following year of care)
- Monitoring of established care management plan and chronic illness as needed
- Access to Secure Patient Portal, access to secure SMS, and virtual visits (within the state of Oregon) as long as there has been one in-person visit within 12 months.
- Basic vaccine management (flu shot; tetanus shot)
- Healthcare navigation (coordination of referrals)
- \*Additional visits at reduced cost to members: Acute visits \$90
- All typical primary care services included (eg: urinalysis, rapid strep test, liquid nitrogen procedures, EKG, some lab services, minor splint, ear irrigation, blood glucose)

**Practice benefits include but not limited to:**

- Internal medicine + Functional, root-cause resolution approach to your wellness
- Enhanced appointment availability and reduced wait time
- Priority scheduling and increased MD appointment time and attention
- Discounted lifestyle support, nutrition counseling, mental health, groups, and workshops
- MD available after hours via text/phone
- Personalized genomics assessment and consultation option
- Discounts on recommended nutritional supplements and medical foods
- Negotiated discounts on specialty labs
- **Clear, transparent pricing and no surprise bills after your visit**

**What does it cost?**

- \$95 Initial Registration fee (one time only), then \$95/month.
- Pay full year in advance for 10% discount: \$1121 (includes \$95 registration fee)
- Spousal/family discount of 10% for spouse/family member:
  - \$85.50/month +\$95/registration fee, or \$1018/year (includes reg fee)
- **Registration fee waived for clients transitioning from a Functional Consultation package of care.**

**What if I want to cancel?**

- We appreciate there may be reasons you’d want or need to cancel your membership. We ask for 30 days notice to cancel at any time. Your registration fee is non-refundable.
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**Do you bill my insurance?**

- The only insurance we bill is straight Medicare (not Medicare advantage). For our Medicare patients, we are able to see you for unlimited visits. We bill Medicare what we can, and your membership covers the rest.