

The average single person in Northwest Ohio and Southeast Michigan spends about \$3,600 each year on healthcare insurance.

A family of four in the same area pays \$12,600 per year, on average.

Single people and families are often forced by insurance to accept a restricted level of service at their doctor's office.

It's time for something different.

It's time for something better.



Introducing Direct Primary Care



Whole Family Medical Care, LLC

Direct Primary Care, or DPC, is a new way of controlling medical expenses and allowing patients to experience better and more flexible care. DPC allows patients to dramatically reduce their healthcare costs by eliminating the need for insurance to cover the price of office visits and in-office care services.

In the DPC model, patients become members of their doctor's practice, through a monthly subscription fee and an annual contract.

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BETTER HEALTHCARE VALUE

Insurance plans typically restrict the amount of time a doctor can spend with a patient, as well as how often you can visit your doctor by having you pay a co-pay for each visit. DPC relieves this restriction and will allow Dr. Host or her physician's assistant to spend up to 45 minutes in consultation with you each time.

Whole Family patients can visit as often as needed until a care issue is resolved, up to ninety-nine times per year.

And communication with Dr. Host and her staff will improve with Direct Primary Care. For the first time, Whole Family Medical Care will offer:

- **Telemedicine** – You can make virtual visits to the office
- **E-mail Consultations** – Correspond with doctor and staff, with quick replies
- **Telephone Conferences** – Voicemail messages

EASIER SCHEDULING & FLEXIBLE APPOINTMENT TIMES

Whole Family Medical Care will continue its policy of same-day appointments. And, you will be able to schedule an appointment all day, not just before 11 AM.

Our hours will be extended under DPC, too:

The office will be staffed for 12 hours at least three days of the week.

THE ADVANTAGE OF ADDED HEALTH CARE SERVICES

Whole Family Medical Care offers “more than medical” healthcare services, including massage, acupuncture, and counseling, all at our Perrysburg office. DPC memberships do not include these options, but they can be added to subscriptions or purchased a la carte.

A REPLACEMENT FOR URGENT CARE

With more convenient hours, a wide range of and a liberal appointment policy, Whole Family Medical can accommodate many on-demand care needs. The national average cost for each Urgent Care visit under insurance is \$75 to \$100, depending on the type of insurance plan. A trip to the Emergency Room (when symptoms may not be truly require the ER) will cost far more.

Replacing these visits with a trip to Whole Family could save you all of those expenses, while keeping Dr. Host in the loop with all aspects of your health. Keeping in mind, you may still have an emergency that requires an ER visit.

PRESCRIPTION SAVINGS

With DPC, generic drugs are offered at cost, usually around \$10 per prescription per month or less depending on the drug. Compare this to insurance-supported prescriptions which often require a co-pay nearly double that amount, as a national average.

LIMITED AVAILABILITY

Since Direct Primary Care increases the time that Dr. Host and the Whole Family staff can spend with patients like you, our membership numbers will be limited. Respond soon, so that you can join other patients who have already chosen DPC.

DPC will fully replace insurance as a means of payment at Whole Family Medical Care beginning January 1, 2016. Any patient of Whole Family must be a DPC member.

Direct Primary Care is not a replacement for all insurance and Dr. Host does not recommend that her patients dispense with all insurance plans or options. DPC serves only your relationship with Whole Family Medical Care, so coverage for hospitalization, tests, and specialists is still important. Patients are also encouraged to explore “wraparound” policies that pair well with DPC, and offer security in the event of catastrophic medical events.

WHOLE FAMILY DIRECT PRIMARY CARE PRICING

Initial Set-Up Fee, Per Household		\$55.00
Basic Monthly Membership Fee	Single	\$79.00
	Two (2) Person Family	\$138.00
	Each Additional Child Under 25 Years of Age	\$35.00

ADDITIONAL ANNUAL PACKAGES

Patients may choose to add the following services at per-person rates:

10 Massage Therapy visits per year with Mary Elder / 30 minutes each visit	\$15.00/month
10 Massage Therapy visits per year with Mary Elder / 60 minutes each visit	\$30.00/month
10 Acupuncture visits per year with Dr. Host*	\$45.00/month
10 Counseling visits per year with Dr. Karen Ackerman / 60 minutes each visit	\$66.00/month
5 Counseling visits per year with Dr. Karen Ackerman / 60 minutes each visit	\$33.00/month
2 Counseling visits per year with Dr. Karen Ackerman / 60 minutes each visit	\$13.00/month
24 Weight Loss Group Sessions / 60 minutes each session	\$30.00/month

A LA CARTE

Patients can “pay as they go” for these more-than-medical services:

Massage Therapy / 30 minutes	\$30.00
Massage Therapy / 60 minutes	\$60.00
Acupuncture (initial visit)	\$148.00
Acupuncture (subsequent visit)	\$108.00
Counseling (per visit)	\$90.00



Direct Primary Care memberships cover the entire office visit each time you make an appointment. No co-pay or additional fee is needed, with only a few exceptions.

In-office care includes, minor procedures, as medically indicated:

- Hemorrhoid treatment
- Dipstick urinalysis
- Urine pregnancy test
- EKG with interpretation
- Spirometry with interpretation
- Endometrial biopsy *
- Pap smears *
- Intrauterine device insertion (IUD) **
- Nexplanon device insertion **
- In office labs including lipids, ALC, glucose
- Joint injections **
- Rapid strep test
- Stitches for cuts
- Skin biopsies *
- Generic prescription antibiotics **
- Influenza and Adacel (tetanus/pertussis) vaccines are included



- * Patient will be responsible for the laboratory fee for reading the sample
- ** Patient will be responsible for the cost of the device or medication (steroid, lidocaine, diluent, ketorolac, diphenhydramine, B12, promethazine are included, but other injectable medications are not)
- *** The Practice can also order generic prescriptions for Patients at cost (this is often cheaper than a co-pay at the pharmacy)

Excluded Services:

- Anything not specifically listed as a Covered Service shall be a non-covered service.
- Any health care services not performed on or within the premises of Whole Family Medical Care, LLC, including emergency room visits, hospital stays, specialist care, imaging and labs, etc.
- Vaccines/medications not listed above (administration is included)



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Find Out More About Direct Primary Care
at wholefamilymedicalcare.com



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