



reena r. patel md, inc



WHAT IS DIRECT PRIMARY CARE?

Membership based. Focused on your health.

“Direct Primary Care (DPC) is an innovative alternative payment model improving access to high functioning healthcare with a simple, flat, affordable membership fee. No fee-for-service payments. No third party billing. The defining element of DPC is an enduring and trusting relationship between a patient and his or her primary care provider.” (www.dpcare.org)

Better Health Outcomes

Patients achieve superior health outcomes with Direct Primary Care's innovative service delivery. DPCs provide better access to physicians; empower an authentic therapeutic relationship, and comprehensive patient care.

Lower Costs

Affordable, transparent costs based on a periodic overall flat rate (i.e. membership or subscription). Patients pay for their care directly to the physician. No third parties or Fee for Service billing ("FFS") to inflate costs. Most DPC memberships/subscriptions cost less than the average cell phone bill.

Enhanced Patient Experience

Patients receive unrestricted access to their healthcare provider; report little to no wait time, and longer appointments (in person, virtually, or phone). In turn, creating a real therapeutic relationship between patient and provider.” (www.dpcare.org)

In a traditional fee for service primary care practice, doctors are paid based on how many people they see, tests they order, or procedures they do. This leads to our current system of rapid visits with many tests and quick referrals. Often doctors don't have the time to really listen, or think about what is best for your health. This system also doesn't meaningfully pay doctors to make phone calls or emails, leading to a system where it's difficult to speak to your doctor outside of a hurried office visit that you often have to wait a long time for.

In direct primary care, instead of paying for each visit or procedure, you pay a membership fee. This membership fee frees the doctor from a model that promotes productivity over quality and allows a focus on you and what you really need. This leads to more time with your doctor when you need it and convenient easy access outside the doctor's office visit structure (phone, email, etc.).

The doctor you call. The doctor you trust.

Direct primary care doctors are dedicated to providing high-quality, unhurried primary care, essential for your wellbeing and the ongoing maintenance of your health. You can see your direct primary care doctor for all routine and preventive services like checkups, urgent care and chronic care management. More often having this relationship and access can save you visits to more expensive venues like the hospital or emergency room.

Frequently Asked Questions

How Is DPC Different?

Direct Primary Care is a membership model that allows doctors to practice without interference from third party payers (insurance and government) by accepting payment ONLY from the patient, reducing cost and conflict of interest.

Why Should I Join When I Already Pay for Insurance?

Your insurance company does not provide medical care and accessibility that you deserve. Insurances now have put so many limitations, barriers and high deductibles so you are paying for your health insurance but not really getting the benefits from it when you have to pay majority of it out of pocket since you may not ever meet the annual deductible for the insurance to really kick in and cover more. In addition, studies have shown that having a personal trusting relationship with a family doctor improves health outcomes and reduces medical errors, but that cannot occur in today's era of 7-15 minute visits with a "provider". By having an experienced physician who knows you and your circumstances, has time for you, and works for you, your health and bank account both can improve (especially if you have a high deductible insurance plan, as more companies are offering). By eliminating the per visit payment, you will be more willing to seek care early, preventing complications. Having direct access to your doctor to have your questions and concerns answered promptly is invaluable (and rarely found in big box clinics).

Do You Take My Insurance?

I do not accept any insurance, except for Medicare for now. This allows me to keep overhead low, interference minimal and those savings are passed on to you. Your insurance will continue to function as always for things outside of my office—tests, hospitalizations, specialists, medications—though I may be able to save you even more money with lower cost options on some medications and labs.

How About Medicare?

As of now, I will be continuing to see Medicare patients. Medicare will continue to function normally for everything outside of my office. Medicare patients may be responsible for payment of any co-insurance or any services not covered by Medicare.

What Is Included In My Membership? How Long Are Appointments?

All the medical care you need that I can provide is included*

- Personalized Healthcare
- Extended, relaxed office visits (30-45 minutes), with more accessibility to your doctor via e-mail and telemedicine.
- Wellness and Preventative Care
- Annual Comprehensive Physical
- Sick and Urgent Visits
- Chronic Disease Management
- Wholesale Labs and Medications
- Coordination of care with specialists
- In-Office Diagnostic and Procedural Benefits at Minimal or No Extra Cost
(Note: some services may have to pay wholesale cost for medication(s)/material(s)).

Additional Services Offered at Member Discounts (10-20% off):

- Ayurvedic Consultations
- IV Nutritional Therapy
- In-Office Supplements
- Nano-needling, Oxygen, Fire & Ice Facials
- Facial PRP Micro-needling and Hair PRP Injections
- Plant-based cooking classes & Educational lectures.

Other Benefits?

***PRIVACY!** Your diagnosis and medical records will not be shared with anyone except with your permission and with specialists/physicians who are assisting in your care. Currently, insurances can, and do, require my notes for “payment purposes”; and every insurance claim must have a diagnosis code included.

***TIME!** With only 300 patients in my practice (instead of 1500+) I will have even more time for you! No more wasted time in the waiting room or on the phone. No time off work for simple things that could be handled by phone or email, if possible.

***CLARITY OF INFORMATION!** I can spend time ensuring you understand your condition, answering your questions, personally coordinating with your specialists, advocating for you. You just don’t get that anywhere else these days.

***EDUCATION & PREVENTION!** We will be offering plant-based cooking classes for healthy nutrition and teaching sessions on different health topics.

***HEALING INTERNALLY & EXTERNALLY!** We will be offering IV nutritional therapy, facials, Garshana (Ayurvedic lymphatic body detox treatment), weight loss treatments, and in-house availability to an osteopathic doctor, who has a medical license in acupuncture.

How Much Does It Cost?

As of January 1st, 2022, NEW Integrative Direct Primary Care (DPC) Membership Subscription Fees:

Registration: A \$99 **non-refundable** initiation fee. (max \$199 for enrolling your family)

Integrative DPC Plan: Ayurveda + Primary Care: \$185 due on the 1st day of joining and billed monthly thereafter

- Primary care that includes annual wellness physical and 99 office visits per year.
- An initial personalized Comprehensive Ayurvedic Consultation and an annual reassessment with your wellness exam.
- Discounts on supplements and services offered in the office.
- Plan includes phone/email/text/telemedicine consultations, pending HIPAA compliant accessibility.

3rd subsequent member of a family: \$35 due on the 1st day of joining and billed monthly thereafter

This latter family discount applies to current members who are parents or a single parent of a child or children who are 18 years or younger, living in the same household.

- Primary care that includes annual wellness physical and 99 office visits per year.
- Discounts on supplements and services offered in the office.
- Plan includes phone/email/text/telemedicine consultations, pending HIPAA compliant accessibility.

REGARDING ALL MEMBERSHIP PLANS:

- Plans will begin on the day of sign up
- A commitment of 90-Days is required with a 30-Day written notice for cancellation.
- Any lab work and/or diagnostic testing is not included in any membership plan. We offer lab work and prescription medications, if available, at cost +10%. If you choose to use your health insurance for these services, then you will be responsible for any incurred cost(s). It is your responsibility to understand your plan’s specific rules regarding covered services, approved providers, referrals, authorizations and out-of-pocket payments.
- Enjoy a variety of in-office services/amenities (listed above) at a member’s discount.
- DPC care is continuously provided via email/newsletters, keeping Patient(s) informed with any relevant healthcare information and recommendations.
- All Membership Plans/Services are non-transferrable and any visits/services not utilized in a 12-month period are non-refundable and will not roll over to the following plan year.
- Medical Practice participation is personal to each individual accepted into the Medical Practice and may not be assigned.
- The Medical Practice reserves the right to adjust any fees to 3-5% increase on an annual basis to be enacted on the first day of every calendar year.

Payment Options?

Payment options are: Automatic EFT Deposits via your bank (**preferred method**), Cash, Personal Check (made payable to REENA R PATEL MD INC), Venmo, Credit Card, or Debit Card. An automatic charge will be made at the agreed-upon interval.

A 2% service fee will also be charged for any Credit Card or Debit Card transactions.

The patient agrees and authorizes Dr. Patel's Medical Practice to keep a valid Payment option on file at all times to charge any subscription fees, missed appointments, co-insurance (for Medicare) or overdue bills, as well as any other charges incurred at the Medical Practice on the referenced payment until such authorization is revoked by the patient or the patient agreement is terminated. The patient may elect to authorize additional billing fees for professional services from the above referenced payment option. The payment information will be stored in a secure HIPAA compliant manner.

What Is My Commitment? Can I Cancel My Membership?

Membership can be cancelled after 90 days with a 30 day notice that you are changing physicians. Monthly payments will be stopped on the following 1st of the month.

REGISTRATION FEES AND ANY DISCOUNTED/EARLY BIRD SPECIALS ARE NON-REFUNDABLE.

If you would like to continue to utilize any ancillary services at the office it will be at non-member pricing.

If you decide you want to Re-Enroll, then you would have to wait one whole year and only if space allows. In addition, you would be subject to a \$99 re-enrollment fee. If the practice is full/closed, you will be placed at the end of the waiting list.

After Hours?

As with current policy, there will be an after hour doctor available, either a covering doctor or myself. I can advise you on how best to manage things, whether it is arranging an in-person evaluation, treating over the phone (prescriptions only given if deemed necessary otherwise you may still need to be seen in office for better evaluation), or coordinating emergency department care. Many more things can be handled remotely, when I am not bound by insurance regulations, saving you time, energy and money.

Please review the Membership Agreement for more details.

Resources about DPC

* Business Insider "A new kind of doctor office's office..."

http://www.businessinsider.com/direct-primary-care-a-no-insurance-healthcare-model-2017-3?utm_content=bufferb87e3&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer-bi

* Time Magazine "Medicine is About to Get Personal"

<http://bostonshoulderinstitute.com/wp-content/uploads/2015/03/Medicine-Is-About-to-Get-Personal--TIME.pdf>

* Why DPC? Insights from patients

<https://blog.hint.com/why-dpc-insights-from-the-patients-who-chose-it>

* Direct Primary Care: Skip The Insurer, Get Better Health Care?

<http://www.huffingtonpost.com/2011/03/12/skip-the-insurer-get-better-health-care-834080.html>