



## **Direct Primary Care (DPC)-LifeScape SimpleCare Direct**

### **What is DPC?**

Direct Primary Care (DPC) is a medical office model where patients pay a monthly fee that covers PCP (primary care provider) access and comprehensive primary care. This model allows greater time spent with patients, unlimited primary care or telemedicine visits and allows for more direct access to your PCP.

### **How does DPC benefit patients and PCP?**

Patients in the DPC model can expect longer appointments with a dedicated PCP caring for a smaller panel of patients, able to attend solely to your needs, rather than overburdened by insurer administrative demands. The model allows investment in resources such as innovative technologies, in depth research, health coaching and nutrition to support achieving your health goals.

The DPC model provides more individualization through ongoing follow-up care and by allowing your PCP to spend more time with you since there will be a smaller patient panel.

Most insurance plans cover in-office visits, but come with restrictions on how you would like to be seen. On the other hand, the DPC model allows for multiple communication such as phone or telemedicine video visits – convenience that working adults, students, and for those that are unable to travel to the clinic value from their PCP.

### **What is the difference between concierge medicine and DPC?**

The insurance payer system restricts innovation creating a “one-size fits all” lowest common denominator model of care, much like the old Bell telephone before the industry was deregulated. Much like the wide range of hotels or restaurants available, DPC is a truly free-market solution to a broken system with concierge medicine being a high-end DPC option for those who desire more direct, continuous access to their provider. While most DPC practices are priced in the \$75-150/per month range, they range as high as \$100,000 annually for extremely exclusive services.

Retainer fees for concierge programs tend to have a higher rate than DPC. Concierge practices charge more since you have 24 hour access to your PCP and may offer other complimentary services that are normally not covered by insurance. Many DPC practices do not bill insurance, so the retainer fees for DPC only cover primary care services; thus, overhead for running the office is less.

### **Do I still need to carry health insurance?**

Primary care services are the most utilized and critical to your overall wellness. However, DPC patients should carry health insurance in case of diagnostic testing and/or an outside referral to a specialist is required and/or major medical insurance to cover hospital expenses, surgeries, and complex procedures. You may also want to consider changing your insurance plan to a high deductible/low premium to help assist in paying for our DPC program. We recommend that you consult with your health insurance broker/agent or HR department to weigh your options before choosing our plan.

### **How does a DPC plan benefit me?**

Many patients put off medical visits in order to avoid paying out-of-pocket until insurance deductibles are met. However, members with a DPC model are more likely to take care of any health problems as they arise and in turn, can potentially prevent more serious health ailments down the road. More frequent visits and an actual open link with your provider correlates with a decrease in ER visits, hospital stays, need for subspecialty visits, and even surgeries.

### **Why is my provider transitioning to a DPC model?**

As you may or may not know, working with traditional insurance companies is an administrative nightmare for a medical office. For every three hours of patients seen per insurance-based provider, we spend at least one hour and sometimes even more chasing reimbursement from insurance. Additionally, we would have to see 30-40 patients a day in order for the insurance-based model to work and in turn would only allow us to see a patient for a very limited amount of time. The goal of our DPC model is to allow the PCP more time for the provider-patient-relationship and thus formalize communication and mutual participation. We want to work for YOU, without the constraints of your insurer.

### **I don't plan on using the service that often. Can I pay for a visit only as needed basis?**

The DPC model is an ongoing investment in your health for those motivated to truly optimize it. If you are not interested in proactive, preventive, continuous care, or just want to be seen when sick, then this program is not for you.

### **What is the cost?**

*Rates: \$85/month (age 19+ years) and \$30/month (age 0-18 years)*

### **Membership includes:**

Unlimited unrushed primary care visits with our Integrative Nurse Practitioner (Valere Ziske, NP)

Unlimited Telemedicine visits

Annual Wellness evaluation

3 Health Coach Visits

4 Pillar Vitality Action Plan\*

Exclusive Membership in LifeScape Wellness Community

Portal based communication access with your provider

5% Discount on Fullscript Nutritional Supplements

5% Discount on In-House Skin Care Products

Discounts with our LifeScape wellness partners\*\*