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HealthCare When You Need It Plan

Progressive Physician Associates, PLLC (PPA Health & Wellness) is excited to introduce our Health Care When You Need It Plan.

Our plan aims to assist the uninsured, underinsured, individuals with rising premiums/deductibles and limited health care options as well as employers. These three plans provide individuals and families with a range of affordable, physician-visits to be used exactly how and when they are needed most. Patients may choose from any combination of the following list: physicals, sports physicals, employment physicals, acute care visits, sick visits, chronic disease management, weight loss management, dietary counseling class, fluid hydration/nutrition and Pap smears. For added convenience, most appointments can be scheduled within 2 business days and may be accomplished using Telemedicine (video conference).

Web:
www.ppadoctors.net

Facebook:
PPA Health and Wellness

Instagram:
ppahealth

According to vox.com, the rate of the uninsured rose from 2017-2018 (to over 28.5 million) and this number is projected to rise.* Coinciding with the rise of the uninsured, the cost of health care premiums and deductibles (out of pocket costs) rose as well. In 2018, the national average health premiums rose to \$440/mo or \$5,280/yr for individuals and \$1,168/mo or \$14,016/yr for a family of four. Healthcare deductibles rose 3% nationally to \$4,578/yr for individuals 7% to \$8,803/yr for a family of four.* Compounding these issues, employee-related illness accounts for \$576B lost to the economy, of which \$227B is loss of productivity. To boot, workers self report a loss of 1.99 days/year due to illness and another 9.04 days of poor productivity (workers show up to their job but report poor productivity.)*

Our plan allows patients to prepay \$550 to \$1100 and receive a range of physician visits to be used in any combination for the year. In this way patients can avoid crowded clinics, expensive ER visits and price-gouging Urgent Care Clinics. Patients can also avoid multiple appointments for labs and pap smears, as they are mostly done in-house. Patients with chronic medical conditions like asthma, hypertension or diabetes will receive prescriptions and refills set for the year. Patients and parents can also decrease missed work/school time by utilizing our Telemedicine and Electronic Prescribing Technologies. We also endeavor to provide patients with sample medicines, discount cards and certain ancillary services without significant mark-ups when available. Most Flex Spending Accounts will honor our plans— saving patients even more money.

* vox.com Sept 10, 2019

* census.gov Nov 8, 2019 Report p60-267 (RV)

* Population Health Management 2011 Apr: 14(2) 93-98 www.ncbi.nlm.nih.gov

PPA's HealthCare When You Need It Plan

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Plans	<u>1 or 2 Adult Plan</u>	<u>Family of 3 Plan*</u>	<u>Family of 4 Plan*</u>
	4 Total Visits	6 Total Visits	8 Total Visits
	\$500/Year or \$275/Biannual	\$750/Year or \$400/Biannual	\$1000/Year or \$550/Biannual

\$65 + necessary lab fees per visit after yearly plan is exhausted

****Children 5 and older, does not include well child vaccinations***

Visit Types **Physical, Sports Physical, Employment Physical, Acute Care, Follow-Up Care, Chronic Disease Management, Weight Loss Plan, IV Hydration, Telemedicine (Video Conference Care) Option, Pap Smear, Pre-op Testing, Weight Loss Management, Dietary Counseling Class**

* Standard Labs included when necessary (see list)

*All Appoints can be scheduled next day or within 48 business hours (when necessary)

*Yearly/Biannual Medication Refills (with Electronic Prescriber)

+Dietary Counseling is group setting held at least once quarterly

Physicals **1 Yearly Physical Per Member**
 Age/Gender-Specific Physical
 Full Labs (Complete Blood Count, Basic Metabolic Panel, Thyroid Tests, Prostate Specific Panel, Lipid Panel, Glucose Test)
 Height/Weight/BMI, Oxygen Saturation, Heart Rate, EKG, Care Plan, Prostate Exam, Pap Smear, Vision Test, Hearing Test, Flu Shot

Available In Office** Pneumonia Vaccination, Spirometry, Intramuscular Antibiotics, Inhaled Asthma/COPD Treatment, Sildenafil Subscriptions (generic viagra sent to patient's home), Specialized IV Hydration, STD Testing, Hepatitis Testing, B12 Injection, Super B12 (The Skinny Shot) Injections, Intramuscular Antibiotic Steroids, Intramuscular Pain Injection, Steroid Injections to Knees, MRSA Testing for Pre-op
 Drug Samples When Available
 Drug Discount Cards When Available

Cash Pricing* * **Not Available With Plan But Reasonable Cash List For the Following:**
 Colorectal Cancer Screening, Lung Cancer Screening Test, Screening Mammogram, Bone Density Testing, B12/Vitamin D testing, Testosterone Level Testing, Sleep Apnea Testing, HPV Vaccination, Standard Drug Pricing Lists, Home Delivery Pharmacy Option, Dietary Counseling Class (group setting with Registered Dietician held at least once per quarter)
 Chronic Pain & Schedule 2 Meds on a case by case basis and subject to state and pharmacy regulations

** Additional fees may apply