

North Texas Direct Primary Care Brief

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I. What is direct primary care?

Direct primary care (DPC) is a healthcare model that puts the patient-physician relationship at the heart of the experience. By focusing on a membership-based approach, DPC physicians offer personalized, convenient, and accessible care through an affordable monthly fee. With no third-party insurance claims or billing, patients and employers enjoy a more efficient and transparent healthcare experience, fostering stronger connections and trust.

II. Clinic services provided

- Primary care such as well child checks, physicals, and health maintenance
- Medical weight loss with local dietician partnership
- Testosterone replacement
- Mental health treatment including ADHD
- Women's health exams (Pap)
- Skin biopsies
- Liquid nitrogen for skin lesions
- EKG's
- Joint injections
- Earwax removal
- Strep/COVID/Flu/RSV testing
- Simple laceration repair
- Injections (Toradol, Zofran, Dexamethasone, among others)
- In house lab draws

III. Benefits of joining a DPC clinic

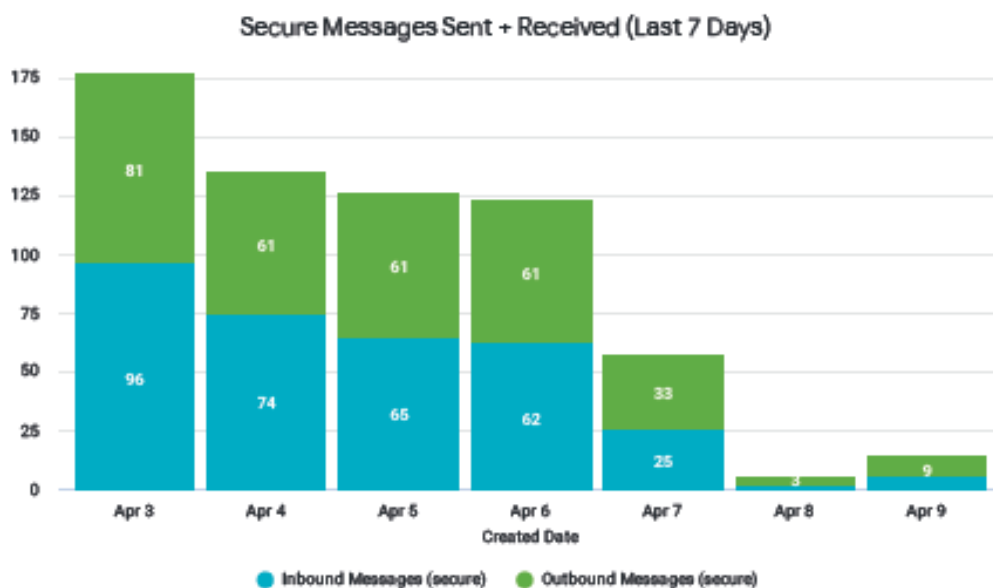
- Unlimited office and virtual visits with no copays, ever.
- Same day or next day appointment availability.
- Extended visits of 30 minutes or more.
- Immediate rooming and seen by the physician within minutes after completion of nurse triage.
- 24/7 access meaning employees can avoid costs at urgent/emergency care.
- Efficient management of medical tasks (messages, refills, referrals, lab orders, lab result notes)
- Routine labs included with membership. Specialty labs and procedure costs (joint injections, biopsies, women's health exams) steeply discounted.
- Specialty consultation service included with membership to help patients avoid specialist referrals (cost savings for employees as specialist visits can cost \$300 or more).

IV. Included labs (no charge)

CBC	Urinalysis	BMP	TSH
CMP	Urine culture	Uric Acid	Free T4
Vitamin B12	CRP (C reactive protein)	ABO Blood Type	ESR (Sed. Rate)
Cholesterol Panel	Hemoglobin A1C	Prostate Specific Ag	Quantitative HCG
Ferritin	Iron/TIBC	Urine Drug Screen	Vitamin D

VI. Secure messaging and cost savings

Many patients struggle to take time off work for doctor appointments or might have a quick question that doesn't require an office visit. My patients can message me anytime through Spruce Health, my secure communications platform, to receive medical advice, answers, and treatment when they can't make a scheduled visit. I respond to patient messages the same day during office hours. Since I don't bill insurance, there's no financial incentive to require appointments for addressing issues. See below for communication utilization details.



VII. Membership Cost

Traditional Health Insurance Plan	North Texas Direct Primary Care
Annual cost for single coverage \$7,911 (worker + employer)	\$95/month per employee. Annual cost \$1,140 per employee.
Annual cost for family coverage \$22, 463 (worker + employer). This cost includes \$6,106 spent out of pocket by employees.	If the employer chooses to include family as part of the benefits package: \$95/month per adult, \$40/month per child under 18. Family coverage is capped at \$3,240 per year, as any additional children after the first two are enrolled free of charge.
Average costs for employers in 2022 provided by the Kaiser Family Foundation. Click here to see study.	Services may be discontinued at any time with a 30-day notice, after a 3-month minimum commitment. There are no enrollment fees for small businesses.

VIII. Overview of benefits

	Patients	Employers	Physicians
Cost	<ul style="list-style-type: none"> Fixed costs Unlimited access 	<ul style="list-style-type: none"> Reduced downstream costs Reduced total healthcare spending 	<ul style="list-style-type: none"> No insurance administration Lower operating costs
Outcomes	<ul style="list-style-type: none"> Stronger patient-physician relationship Better compliance Better engagement 	<ul style="list-style-type: none"> Healthier workers Less presentee-ism Less absenteeism 	<ul style="list-style-type: none"> More time with patients More time for care coordination
Satisfaction	<ul style="list-style-type: none"> Real time access Time efficient 	<ul style="list-style-type: none"> Better ROI Reduced turnover Better benefits 	<ul style="list-style-type: none"> Physician (not insurance) directed care Free from insurance red tape Better work life balance

IX. Contact Information

I would be delighted to connect with you either in person at your office or virtually to discuss how I can provide cost-effective, patient-centered medical care to your staff. Since opening my clinic in May 2021, we have experienced high patient satisfaction and continued growth. Additionally, I can arrange a meet and greet at the clinic, giving you an opportunity to tour the facility.

Please feel free to reach out for any questions or concerns to:

Email: LeeMD@ntxdpc.com

Phone: 817-837-7760 (also receives text messages)

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