

DIRECT PRIMARY CARE PLAN



New Arrival: Introducing a new health benefit for our employees and their families. In partnership with DPC Healthcare, you now have unlimited access to an innovative model called Direct Primary Care. No copays - no deductibles - no hidden charges!



THE RETURN OF THE FAMILY DOCTOR



DPC Healthcare has partnered with your employer to improve access to quality primary care and create a healthier and happier workplace. Employees enrolled in the Direct Primary Care Plan will receive all primary care services through DPC Healthcare for a low monthly membership fee.

Unlimited Access

- 24/7 access to your personal doctor
- Unlimited clinic visits
- Same-day appointments
- Secure Televisits with your DPC doctor via our Spruce Health mobile app
- Mobile clinic visits at your worksite
- Home visits when medically necessary
- Urgent care services
 - Stitches
 - Minor casting
 - Acute illness

Physical Exams

- Comprehensive annual physical exam
- Electrocardiogram
- Seca body composition analysis
- Dermoscopy skin examination
- Spirometry
- Well-woman exams including pap smear
- Breast Exam
- Pediatric well-child exams
- Sports, camp and back-to-school physicals
- Extensive lab testing

Unlimited Lab Testing

- Complete blood count with differential (CBC)
- Comprehensive metabolic panel (CMP)
- Lipid Panel
- Thyroid Stimulating Hormone (TSH)
- Testosterone
- PSA (age/gender dependent)
- HgbA1c

Minor In-Office Procedures

- Biopsies
- IV Hydration Therapy
- Injections
- In-grown toe nails

Patient Advocacy and Navigation

- Negotiate discounts with local pharmacies & imaging centers
- Help identifying high quality/low cost options
- Pre-operative clearance and support
- Collaborate with specialists to assess treatment

Chronic Disease Management

- Diabetes prevention and management
- Hormone therapy and management
- Allergy testing
- Migraine and headache management

Health Coaching

- Nutrition counseling and management
- Weight loss counseling and management

Physical Therapy

- PT and basic rehabilitative services
- Exercise counseling and management

Vaccines

- Flu vaccines for members older than 3 years
- (tDap) Tetanus, Diphtheria, Pertussis
- (Pneumovax) Pneumonia

Adult	Child	Family
\$125/month	\$60/month	\$325/month

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Physical Exams

- Comprehensive annual physical exam
- Electrocardiogram
- Seca body composition analysis
- Dermoscopy skin examination
- Spirometry
- Well-woman exams including pap smear
- Breast Exam
- Pediatric well-child exams
- Sports, camp and back-to-school physicals
- Extensive lab testing included at annual exam
 - Complete blood count with differential (CBC)
 - Comprehensive metabolic panel (CMP)
 - Lipid Panel
 - Thyroid Stimulating Hormone (TSH)
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Vaccines

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Adult	Child	Family
\$80/month	\$45/month	\$225/month



MEET YOUR PERSONAL DOCTOR

They're always
there for you!

 Don Gaskins
8 months ago

First time I've ever had a
doctor who treats me as
a person.



PAUL FABELA, MD **CHIEF PHYSICIAN OFFICER**

Board Certified in Internal Medicine

Medical School: UT Southwestern Medical School
Residency: University of Utah Hospital

 Emily High
3 weeks ago

Great service and
I really like the
home visits.



TRAM NGUYEN, MD **MEDICAL DIRECTOR**

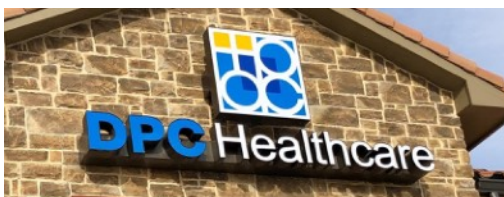
Board Certified in Family Medicine
Board Certified in Obesity Management

Medical School: Ross University School of Medicine
Residency: Texas A&M University, Baylor Scott & White

 Shirley Waldrep
11 months ago



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Fort Worth, TX 76109
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DPC Healthcare Alliance Clinic
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