

Direct Primary Care Services  
Provided by  
Sierra Nevada Holistic Services



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# Sierra Nevada Holistic Services (SNVHS)

Your Resource for Integrated Health and Wellness

## Direct Primary Care Service

Direct Primary Care (DPC) is a different way of paying for primary medical care services. It involves paying the medical provider on a flat-fee, recurring basis. We offer a simple method of providing primary healthcare services using the DPC model of reimbursement to eliminate the cost of insurance processing and passes the savings along to the employer/consumer. Like traditional fee-for-service primary care, SNVHS provides for physicals, acute and chronic illness care, injuries as well as most other services sought from a regular provider. DPC works well for smaller companies and is particularly effective in lowering health care coverage costs for self-insured companies and/or those that pair DPC with high deductible or catastrophic health coverage plans.

## DPC Benefits

- Enhanced and increased access to primary care services
- Generally, 80% of needs can be covered by a primary care provider
- Emphasis on wellness and staying healthy
- Decreased number of hospitalizations
- Decreased total number of sick days
- Decreased number of ER visits
- Decreased number of hospital days
- Decreased specialty visits
- Increased productivity
- Decreased absenteeism
- Proven to cut employer-paid group health plan costs by 20 percent

## Plan Costs

Registration Fee per Person \$160.00 (NON-REFUNDABLE)

Adult Monthly Fee = \$70.00

Each Child Between (10 Years of Age AND Under 18 Years of Age) = \$55.00 per month

We do not see children under 10 years of age

No accepted insurance reimbursement

Andrea Felesina, APRN

Board Certified Family Nurse Practitioner



## Included Services

- Primary Care and In-Office Procedures - There are no fees for office visits. Acute and chronic illness management (such as hypertension, diabetes, cold/flu).
- Surgery and Specialist Referrals as necessary
- Medication prescription and management for acute and chronic illness management.
- Dipstick urinalysis, Pregnancy testing, Glucose Point of Care testing, Rapid Strep or Influenza testing, Provider Performed Microscopy (fungus/yeast scrapings)
- Joint and Bursa Injections (knee, shoulder, trochanter, epicondyle) OR Trigger Point Injections
- Injection administration services (i.e., Testosterone, Depo-Provera). Does not include supply or cost of medication\*
- In-office minor procedures are included for no additional fee which includes stitches/staples for cuts and lacerations and the removal thereof. Skin lesion removal or destruction (warts, sun spots, etc.). Does not include biopsy/pathology fees \*\*
- Nebulizer treatments (In office only)
- Organization and review of historic and outside medical records – Consultation
- Medical Marijuana Card Recommendations
- Wellness Exams including Adult Annual Physicals, Well Child & Sports Physicals (age 10 years of age and older).