

## Lifeway Concierge Medicine Introduction

Welcome to Lifeway Concierge Medicine. We are excited to partner with you to maximize your health and well-being. Our focus is on prevention and wellness with proactive attention to your medical problems. Patients support extra services with an annual fee that is not covered by health insurance or Medicare. The membership fee may be reimbursable through flexible spending accounts.

The Lifeway Enhanced Care program is \$2000 per year. Couples who join together as spouses or partners enjoy a \$500 discount per person. The membership includes:

- Convenient availability of longer routine appointments and same day visits when you are sick
- Annual Wellness Evaluation with risk factor assessment that is more comprehensive than covered by commercial health insurance or Medicare.
- Personally crafted health and wellness plan with wellness coaching
- 24/7 availability with your physician by phone and/or email
- Secure e-mail communication with your physician
- Coordination of care with medical specialists
- Assistance in dealing with the “hassles” of the current medical environment
- Yearly 90-minute Comprehensive Assessment with labs
- Hand Dynamometer
- Pure Tone Audiogram
- Full cognitive/memory Evaluation
- Nutrient Deficiency Risk Assessment
- Assessment of Fitness/Activity Status (e.g. Duke Activity Status Index)
- Psychologic Screening (e.g. GAD-2, PHQ-2)
- Regular hospital visits with coordination with hospital physicians, if you are hospitalized at Sentara Virginia Beach General Hospital
- Physician care coordination during rehabilitation stay if you stay at Virginia Beach Health Care and Rehabilitation Center

May also include based on need:

1. Advanced Cardiovascular testing
2. Body composition analysis
3. Bale-Noneen Testing with Cleveland Heart Lab with advanced lipid, metabolic, inflammatory and genetic tests
4. Ankle-Brachial Index
5. Advance Imaging such as Carotid-Intima Medial Thickness Testing (CIMT) or Coronary Artery Calcium Score (CAC)