

Annapolis Family Medicine

AFM Health & Wellness Program

Annapolis Family Medicine is proud to present our Health & Wellness Program. This program offers amenities and health benefits beyond those covered by private health insurance plans, and will allow us the needed resources to enhance your health care by offering a more integrative model.

The Health and Wellness Program offers the following enhanced services:

- **Health Nurse and assistance by direct telephone line and electronic services.** With a direct phone number and email, you will have access to our Health and Wellness Program Nurse. Our Health and Wellness Nurse will help coordinate care with our providers to ensure medical needs are met in the safest, most efficient means possible. The following services can often be handled without an office visit saving the patient both time and money:
 - Same day triage, visit and treatment of an acute illness.
 - Telephone triage and treatment of minor medical problems without an office visit. By using standard protocols reviewed by the providers, some medical issues such as uncomplicated rashes, respiratory, gastrointestinal, and urinary tract infections can be handled without an office visit, saving the patient time, money and limiting exposure of certain illnesses.
 - Telephone analysis and triage for ordering special tests such as X-rays or other specialized tests prior to your office visit.
 - Assistance with “special” limited medications (such as but not limited to motion sickness patches and travel medications) and other requests after a careful review of the health record.
 - Routine medication refills. For those participating members, this request can be reviewed and processed by our Health and Wellness Nurse.
- **Enhanced Wellness Exam.** Currently insurance companies only cover 1 basic preventative exam a year. With the Health and Wellness program, in addition to the annual recommended preventive exam, you will receive a more extensive cardiac analysis and risk assessment as well as an enhanced nutritional and psychological assessment.
- **Annual Nutrition Screening.** A written, individualized assessment of a treatment plan will be provided by our nutritionist Casey Lehner, RD after a careful analysis of your exam and laboratory findings.
- **Annual Psychological Assessment:** In collaboration with Kathy Gabriel, PhD, Health and Wellness patients will have access to an annual psychological assessment/consult personalized to the patient.
- **Self-Pay Patients:** The Wellness Program will offer special savings and affordable access for those patients who are without health insurance or for those with a high-deductible plan.
- **Consultations / Evaluations** for the following integrative supplemental therapies will be available under your Health & Wellness program:

Hormone Replacement Therapy	Cosmetic Botox
CBD Oil	Medicinal Cannabis
Medical Botox	

Additional Benefits:

- Consultations for travel medicine.
- Virtual Visits per provider discretion **Fee for service subject to approval by insurance

Membership fee:

- \$62.50 monthly OR \$187.50 quarterly OR \$750 dollars annually for an individual
- \$125 monthly OR \$375 quarterly OR \$1500 annually for a family (spouses and dependents < 26 years of age)

The benefits of the AFM Health and Wellness Program are numerous. This program will help eliminate the need for frequent office visits, thus saving you time, money and limiting the exposure of contagious illnesses. For those who choose these services, this program will provide beneficial enhancements to your medical care and overall wellness, allowing for an integrative approach utilizing our diverse team here at AFM. We look forward to working with you to provide the highest quality of medical care.