

Primary Care+ Membership

Personalized, Connected Care

The Primary Care+ Membership offers a highly personalized approach to your ongoing health, giving you direct access to Dr. Christopher Capicotto and a complete annual plan for preventive care, monitoring, and timely follow-up. This service is ideal for patients looking for primary care to address their acute needs, routine care, and longitudinal health. Our concierge model allows patients the time and access that is structurally absent from standard-of-care, insurance-based practice. Some longevity testing and treatment recommendations are tailored for patients in this tier.

With a blend of extended physician access, advanced testing, and in-depth evaluations, this membership ensures you stay on top of your health year-round.

The **annual fee** for this membership is **\$7000 USD**. This is a continuous membership, renewing each year, with services scheduled in 12-month terms.

What's Included Each Membership Year

Direct Physician Access

- Two scheduled preventive visits per year (annual and mid-year check in)
- Acute care, as needed
- Telemedicine services
- Secure Patient Portal
- Direct line of communication via email, patient portal messaging or phone

Laboratory Testing & Debrief

- Comprehensive laboratory panel (~100 biomarkers) once annually
 - 1-hour results debrief for annual lab testing and treatment plan development
- Select labs and diagnostics as needed or as part of a treatment plan

Fitness Testing & Body Composition Assessment

- NYC Performance Lab fitness assessment & review
 - Ultrasound stadiometer height measurement
 - VO₂ Max & resting metabolic rate
 - Grip strength
 - 3D functional movement screening
 - **DEXA** bone density scan
 - Advanced body composition analysis (*muscle mass & fat*)

Appointments & Follow-Ups

- One scheduled blood draw per year
 - With *as needed* tests for acute care needs and *as planned* tests directed by the physician
- Three scheduled appointments annually
 - Annual physical examination (in office) and blood draw
 - Results debrief and treatment plan update
 - Midyear check-in appointment (in office or telemed)
- PRN ("as needed") appointments as clinically necessary

Additional Laboratory Work

- The costs of diagnostic testing that are performed annually as part of a patient's Primary Care+ membership are covered in the membership fee.
- Costs for any *additional tests* processed will be the patient's financial responsibility.

Coordination of Care

- Dr. Capicotto will coordinate your care ensuring your needs are being met. This can include services such as speaking with your other doctors or doing pre-operative testing before surgeries and procedures.

Insurance and Out-Of-Pocket Expenses

- Primary Precision Medicine does not bill insurance for medical services provided to their patients. Patients may seek reimbursement for some services and laboratory tests from their insurance.
- Patients may utilize insurance to help pay for medications and other treatments.
- The practice may assist with obtaining coverage for medications and other services.

Your health, well-managed. The Primary Care+ Membership is designed for those who value proactive, personalized care and ongoing access to their physician.

 **For more information about this membership:**
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