

MEMBER SERVICES GUIDE

U.P. North Family Medicine DPC, PLLC



U.P. North Family Medicine, DPC, PLLC, provides clinic-based primary care services to its members. Members may schedule appointments, as needed, for preventative care, chronic disease management, minor injuries and illnesses, and in-office procedures. Office visits are included in the regular monthly membership fee. Per visit fees apply only to *ala carte* memberships.

What to Expect at your Appointment

Expectations may vary based on the reason for the visit. Your doctor may perform:

- Vital signs check (blood pressure, body temperature, heartrate, blood oxygen and breathing rate)
- Routine blood tests to screen for conditions like high cholesterol or diabetes
- A head and neck exam
- Chest exam including evaluation of lungs and heart
- Abdominal exam
- Musculoskeletal exam evaluating the strength and function of muscles, bones, ligaments and tendons
- Skin exam
- Mental health screening, evaluation, and treatment
- Women's health screenings, like pap smears, osteoporosis screening referral, mammogram referrals, and sexual health screening
- Preventative health screenings, like prostate exams, aortic aneurysm referral, colorectal exam referrals
- Infant and child screenings to evaluate growth and development

Your doctor may also ask you questions about your lifestyle habits, medications, diet and nutrition habits, and other health-related concerns.

Prevention and Wellness Care

U.P. North Family Medicine doctors perform various routine exams, including annual physicals, newborn and well-child checkups, sports physicals, men's health screenings including prostate exams, and female pelvic exams, including annual pap smears. Promotion of a healthy lifestyle and healthy behaviors is our goal. Periodic health exams and recommendations for screening tests and procedures are in accordance with national clinical care guidelines and are included in your regular membership at U.P. North Family Medicine.

Chronic Disease Management

If you have a condition that may require a specialist, such as a heart condition, or a major surgery, U.P. North Family Medicine can help facilitate these consultations. Our doctors can recommend and suggest qualified specialists. When you begin treatment with a specialist, the doctors can work together to coordinate your prescriptions and monitor your condition. *The cost of specialist care is not included in the membership fee.*

Ongoing care is provided for diseases like high blood pressure, diabetes, or asthma, with the goal of improving quality of life and reducing complications. Our doctors treat and monitor various chronic diseases and conditions, including diabetes, high blood pressure (hypertension), kidney disease, heart disease, high cholesterol, arthritis, skin problems, and breathing issues caused by conditions like asthma and chronic obstructive pulmonary disease (COPD).

Care for illness or injury

When you or a family member is sick or injured, U.P. North Family Medicine can provide care. Examples include strains and sprains, flu and cold symptoms, pneumonia and bronchitis, stomach viruses, seasonal allergies, ear infections, etc. Evaluations for illness or injuries that do not require emergency or specialist care, are included in the membership.

In-Office Procedures

To aid in diagnosis or treatment, procedures such as skin biopsy, skin lesion removal, freezing of benign skin and pre-cancerous lesions, toenail removal, breathing treatments, stitches, electrocardiogram, drainage of abscess, joint, and soft tissue injections, etc., are performed. The physician services are included in your membership fee; however, when there is a supply or laboratory analysis cost associated with a procedure, you will be informed in advance. A list of the procedures and costs are included in this Member Services Guide.

Laboratory Testing

U.P. North Family Medicine has negotiated reduced pricing for our members' laboratory services. Prior to sending a sample for testing, we will discuss the cost with members. Blood draws are performed onsite. Lab results are available by phone, or in person. If you request other means of notification, such as text or email, we are happy to do so, recognizing that these means of correspondence may not be secure. A list of some of the laboratory tests we perform onsite is included in this Member Services Guide.

Prescription Medications

Prescriptions can be sent electronically to your pharmacy for payment either by cash or through your insurance. Prescriptions are not included in your membership fee. Common generic medications will be available and dispensed in our office directly to you at wholesale prices. A list of some of the prescription medications available at our office, as well as the current cost, is included in this Member Services Guide.

Care Outside of the Office

Except for vacations and/or unexpected situations, your provider will be available to you by telephone, email, text, or other video communication. If you initiated conversations outside of secure methods, recognize that U.P. North Family Medicine cannot guarantee the privacy and/or security of your health information. We make house calls (within a specific geographical area) if necessary. Our goal is for you to have access to your provider by the method that best fits your needs. In the event your provider is on vacation, you will be given advance notice and encouraged to utilize alternative services in the community as appropriate.

Medication	Cost
Cholesterol	
Rosuvastatin 10mg (Crestor)	\$3
Atorvastatin 40mg (Lipitor)	\$2
Lovastatin 40mg (Mevacor)	\$2
Blood Pressure	
Lisinopril 20mg (Prinivil)	\$2
Diltiazem 60mg (Cardizem)	\$5
Amlodipine 10mg (Norvasc)	\$2
Metoprolol Tartrate 100mg (Lopressor)	\$2
Furosemide 40mg (Lasix)	\$2
Hydrochlorothiazide 25mg (HCTZ)	\$1
Diabetes	
Metformin 1000mg (Glucophage)	\$2
Anti-inflammatories	
Meloxicam 15mg (Mobic)	\$2
Anti-depressants	
Citalopram 20mg (Celexa)	\$2
Fluoxetine 20mg (Prozac)	\$2
Sertraline 25mg (Zoloft)	\$2
Escitalopram 10mg (Lexapro)	\$3
GERD	
Omeprazole 40mg (Prilosec)	\$2
Pantoprazole 40mg (Protonix)	\$2
Famotidine 20mg (Pepcid)	\$2
Erectile Dysfunction	
Tadalafil 5mg (Cialis)	\$5
Sildenafil 100mg (Viagra)	\$8
Antibiotics	
Amoxicillin 500mg (Amoxil 21capsules)	\$2
Ciprofloxacin 500mg (Cipro 14 tablets)	\$3
Cephalexin 500mg (Keflex 28 capsules)	\$4
Amoxicillin Clavulanate 875mg (Augmentin 20 tablets)	\$5
Azithromycin 250 (Zithromax 6 tablets)	\$3

Prices subject to change

This is just a small example of the meds we can supply

Procedure	Cost
20 minute office visit	Included
30 minute office visit	Included
45 minute office visit	Included
House Call*	Included
Pap smear**	Included
EKG	Included
Pregnancy Test	Included
Strep Test	Included
Skin Tag Removal	Included
Skin Biopsy	Included
Ingrown Toenail Treatment	Included
Laceration repair/sutures	Included
Breathing treatment	Included
Cryotherapy warts	Included
Cryotherapy precancerous lesions	Included
Skin abscess drainage	Included
Ear wax removal	Included
Cholesterol panel	\$9
Diabetes test (A1C)	\$9
Thyroid test (TSH)	\$8
Blood Count (CBC)	\$7
Liver/Kidney function test (CMP)	\$9
Basic Metabolic Panel (BMP)	\$7
Free T4 (Thyroxine)	\$10
Vitamin D (hydroxy)	\$36
Magnesium (Mg)	\$14
Vitamin B12 and folate	\$18
Urinanalysis Complete	\$9
Urine Culture	\$15
Albumin/Creatinine	\$21

* Within at 15 mile radius of the clinic.

Additional charge of \$50 outside of this area

** Pathology will be charged separately.

