

EXPECTED SERVICES INCLUDED IN THE ANNUAL FEE

Annual comprehensive preventative health assessment and exam

- Comprehensive lab panel (includes CBC, biochemical profile, glucose, renal function, liver panel, lipid panel, thyroid panel with TSH, A1C, PSA for men);
- Stool cards, as medically indicated;
- Urinalysis;
- ECG;
- Nutrition and exercise counseling;
- Formulation of a personalized preventive medicine plan

Additional Medical Care

- Administration of annual flu immunization.
- Immunization recommendations, and if requested, administration of vaccines (*cost of vaccines charged separately*).
- Unlimited blood draws & urine collections (when ordered by Dr. Watkins and Dr. Sadikman, laboratory samples can be drawn at our office and sent to your insurance company's approved lab for testing).
- 11 office/video visits per year (additional visits at \$25 each):
 - o Routine office testing and procedures;
 - o Sick visits;
 - o Blood pressure checks;
 - o Weigh-ins.
- House calls and nursing home visits, when clinically indicated and appropriate:
 - o Each house call/nursing home visit counts as 2 office/video visits;
 - o Additional house calls/nursing home visits at \$100 each.
- Enhanced preventative care services, such as diet, nutrition, and exercise counseling.
- Consultation with emergency room providers, as necessary and appropriate.
- Hospital visits, as appropriate; not as attending of record or official consultant, but to advise you and your family when you are admitted as an inpatient, and to coordinate care with hospital team.
- Review of tests and consults from other providers as they become available.

Coordination of Care

- Referrals to, assistance in scheduling appointments with, and coordination of your care with appropriate specialists and facilities.
- Coordination and monitoring of hospital admissions, inpatient care, and rehabilitation care.

Administrative & Access

- Direct access to Dr. Watkins and Dr. Sadikman by cell phone – except during vacations/continuing medical education, where coverage will be provided by a qualified colleague.
- Completion of pre-authorization forms for medical services and prescription medications (except where an in-plan physician referral is required).
- Copies of lab and other diagnostic test results by telephone, fax, or email, if requested.
- Completion of medical history forms and medical necessity forms.
- Office announcements and reminders (e.g., arrival of flu vaccines, Dr. Watkins' and Dr. Sadikman's vacation schedule emailed directly to you).
- Total number of patients in Practice limited in order to permit more personalized care and service.
- Access to your personal health record on-line via computer, smart phone, or tablet.
- Wait times for scheduled visits of less than 15 minutes (except in cases of unanticipated patient emergency)
- Regular office appointments available same day or next day; urgent visits available within 24 hours on weekdays.
- Portal access to review labs and to communicate with Dr. Watkins and Dr. Sadikman.
- Video conferencing when appropriate.