

Membership Tier Descriptions

Contact our office to learn about HSA, FSA, and HRA use for your medical services

Essential Tier

The Essential tier is designed for adult patients who are generally stable and healthy, with low healthcare utilization and a preference for reliable access to a trusted physician when needs arise. This tier is typically appropriate for patients who anticipate fewer than six clinical encounters with the Practice in a given membership year.

If Patient's clinical needs consistently require encounters beyond the typical Essential range, Patient is advised to discuss tier appropriateness with the Physician. Practice reserves the right to initiate such a discussion proactively if utilization patterns indicate a sustained mismatch between the Patient's enrolled tier and clinical needs, as further provided in Section 3 of this Agreement.

Essential Membership includes:

- Annual physical examination and personalized preventive care plan
- Ongoing primary care, including maintenance of preventive care per evidence-based guidelines, chronic disease management, and sick visits
- Appointment availability within 5 business days for non-urgent concerns
- Secure messaging with a one business day response during business hours
- After-hours telephone or text access for urgent clinical concerns
- Care coordination and specialist referrals as clinically indicated
- PNOE metabolic breath testing is not included in the Essential tier but is available to Essential members at the Practice's posted rate for the general public.
- Home and offsite visits are available with distance fee rates as set forth in Appendix 5.

Proactive Tier

The Proactive tier is designed for patients seeking active, structured management of their health over time. It is appropriate for patients managing ongoing health concerns, seeking structured accountability, or requiring closer clinical monitoring than the Essential tier provides.

Proactive Membership includes all Essential tier services plus the following:

- Annual physician-led comprehensive health review with a personalized longitudinal care plan
 - Enhanced physician engagement with proactive outreach — the Practice will initiate contact with updates, recommendations, and follow-up without Patient needing to ask
 - Appointments available within two business days for non-urgent concerns
 - Secure messaging with same-day response during business hours
 - Integration with the clinical team's specialist referral network for coordinated care
 - PNOE metabolic breath testing – up to two per membership year, with physician review and interpretation
 - Home and offsite visits are available with distance fee rates as set forth in Appendix 5.
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Elite Tier

The Elite tier is designed for patients seeking the highest level of direct physician access and a precision-level, longitudinally integrated approach to their health. It is appropriate for patients managing significant clinical complexity, pursuing advanced health optimization, or requiring continuous synthesis of medical, physiologic, and lifestyle factors into an individualized care strategy. This tier includes all Proactive tier services plus the following:

- Comprehensive twice-yearly detailed metabolic profiling with written physician analysis
- Continuous synthesis of clinical data, lifestyle factors, and evolving health goals into a unified, precision care model refined over time
- Same-day appointment availability
- Direct physician access for complex or time-sensitive concerns
- PNOE metabolic breath testing – up to four per membership year, with physician-authored analysis and integration into the Patient's longitudinal health strategy
- Home and offsite visit distance fees included