

LIVE BETTER

T

TABLE HEALTH

# 2026 Redefining Healthcare

*Transparency, Authenticity, and Value*

Affordable and transparent costs, and you are seen as a person rather than a symptom.





TABLE HEALTH

# TABLE HEALTH DIRECT PRIMARY CARE

## *Redefining Healthcare*

**Transparency**

**Authenticity**

**Value**

Welcome to your 2026 Table Health Direct Primary Care (DPC) benefit. This guide highlights the details of your membership.

## What is DPC?

Table Health offers Direct Primary Care (DPC), which is an affordable monthly membership payment for your doctor's fees instead of billing insurance. DPC prioritizes affordability and accessibility for all your primary care needs like physicals, preventive care, chronic disease management, new symptoms, urgent problems, and help with getting care outside the office when it's needed. This innovative approach fosters a closer doctor-patient relationship, reminiscent of old-school family doctors, while offering 21st-century convenience and cost transparency.

## Your Membership at a Glance

- Well Care for Adults and Children
- Routine Gynecologic Care and Men's Health
- Sick Visits, Injuries, New Issues
- Management of Chronic Conditions
- In-Office Procedures
- All Visits Related to the Management of Your Health
- Medications Available at Wholesale Cost
- In-Office Rapid Testing
- All Labs Related to Your Health Available at Wholesale Cost
- 24/7 Access to Your Physician for Urgent Problems
- Patient Portal
- Virtual Visits for Your Convenience
- Table Health Member-Only Online Resources

- ✓ No Copay
- ✓ No Deductible
- ✓ No Waiting



# Understanding Your Table Health DPC Benefits

Here's a quick guide to help you make the most of your membership.

## **Building a Strong Foundation: Preventative Care Included In Membership**

**Meet Your Doctor:** It's best to meet your doctor before you get sick or injured. Make an appointment to establish care as soon as possible.



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**Well Exams for Adults and Children:** Longer exams (typically an hour) are important for ongoing health and well-being, and for developing a strong relationship with your doctor.

- Health review and physical exam by your physician
- Time to address your concerns
- Age-specific checkups like Well-Woman, Well-Man, Well-Child, and Well-Adolescent
- Mental health, cardiovascular, EKG, and other important screenings
- Conscientious referrals for preventive screenings like mammograms and colonoscopies

## **Maximize Your Visit: How to Prepare for Your Table Health Appointment**

At Table Health, say goodbye to rushed appointments and waiting rooms. Your visits are designed to be thorough, allowing ample time for:

- Comprehensive physicals and medical consultations.
- In-depth exploration of your health history.
- Addressing current health concerns, including lifestyle and nutrition.

Our patient-centered approach fosters a collaborative relationship, empowering you to take control of your physical, emotional, and relational health. We are committed to ensuring you feel seen, heard, and understand your personalized plan for optimal health.

*Prepare for Your First Visit: To make the most of your appointment, please:*

1. **Complete Your Patient Portal:** Access the portal to fill out all health and medical history questionnaires. Upload current medications/supplements, pharmacy information, a picture, and update demographics.
2. **List Your Health Concerns:** Jot down specific questions for your doctor. For chronic or complex conditions, upload important specialist notes, labs and other tests from the last two years.
3. **Define Your Desired Outcomes:** Be as specific as possible about your health goals and values. It's okay if you're unsure; your provider can help clarify them during your discussion.

### **Managing Your Health with Ease: Other Doctor Visits and Services Included in Membership**

**Unlimited Appointments:** See your doctor as often as needed for any issue - management of existing diagnoses or medications, new symptoms or injury, urgent issues, procedures and office treatments, any questions related to your health and well-being.

**Rapid Tests:** Rapid tests for COVID, UTIs, Strep throat, Flu, Blood Sugar, and Pregnancy tests are available in the office and included in your membership.

**Flexible Communication and Interactions:** Schedule appointments, ask non-urgent questions, and manage your care conveniently through our online portal or by phone. Visits can be in person or virtual/tele-health. Same or next day appointments are prioritized for members with urgent problems.

**After-Hours Access:** Avoid unnecessary and costly trips to urgent care or ER with after-hours access to your own Table Health physician for urgent concerns or when you're not sure what to do.

**Care Navigation:** When you need diagnostics (like radiology) or specialty care outside our office, we help you find the best solution for your situation using high quality providers and facilities that are cost conscious.

### **Reducing Costs with In-House Procedures**

*Save money and time with various in-house procedures*

- Mole removal
- Stitches
- Wound care
- Breathing treatments for asthma
- Joint injections
- Contraceptive management and placement
- Musculoskeletal injuries
- And more, depending on your doctor's scope of care

## **Convenience and Cost Savings: Lab Tests, Medications, and Supplies for Less**

Lab Testing: Offered in our office at wholesale rates plus a small draw fee, we can perform the lab tests you need at a fraction of the cost of other facilities and conveniently done right in the office. Common examples: Lipid panel about \$8, Complete Metabolic Panel about \$5, Hemoglobin A1C about \$7.

Prescription Medications: We dispense a selection of commonly used medications for common ailments. Get them during your appointment affordably, while skipping the pharmacy hassle. Common examples: Amlodipine \$5, Zithromax \$5.

### **Medications**

Infections like UTI, Strep  
High Cholesterol, High Blood Pressure  
Anxiety & Depression  
Type II Diabetes  
Skin rashes  
Contraceptives

### **Labs**

Cholesterol, Thyroid, Blood Sugar, A1c, Vitamin D,  
Liver & Kidney, Cultures, + More  
  
Rapid In-House: COVID, Blood Sugar, Pregnancy  
Test, H. Pylori, Flu, UTI (Urinary Tract Infection)

Supplies: There may be times when you need custom supplies like a splint or a more complicated procedure not included in membership, such as biopsy with complicated closure. For members, these costs generally range from \$0 to \$50, much less than typical, and you'll know ahead of time.

## **Vaccines**

Table Health supports the use of vaccines as a personal and public health choice. However, because of their high cost and maintenance, we only provide vaccines on site when utilization of a particular vaccine justifies ordering in bulk. If we offer a vaccine, it will be charged at cost plus an injection fee. We may offer vaccine clinics to employers and other groups. Any vaccine not provided by our office can be obtained by other providers such as the health department and local pharmacies, and we will help you arrange this when necessary. Health Share arrangements and conventional insurances usually cover the cost of CDC recommended vaccines for children.

# Investing in Your Whole Health: Resources & Support Not Included in Membership

Table Health offers additional services to complement your DPC membership, available for a fee:

## Nutrition

Get help with food related health needs. Our dietician has a functional approach and works with patients who need help with allergies and intolerances, weight management, chronic disease management, anti-aging and lowering health risk.

## Functional Medicine

Many of our patients have complicated health issues and benefit from a consultation with one of our Functional Medicine Physicians. This is a deep dive approach to get to the root of a health issue(s) and an integrative approach to health challenges.

## Occupational Services

We provide DOT/CDL and preemployment exams, DOT compliant testing for employers including C/TPA services, and workplace drug and alcohol testing, at competitive rates.

## Enhanced Care Options (Add-On Memberships, see website for current pricing):

- Mental Health Membership: If you need more intensive or ongoing therapy, this membership provides ongoing care with our licensed therapist. Our mental health clinician works collaboratively with our physicians if you need medication or a more comprehensive approach.
- Wellness Membership: An affordable way to receive ongoing support for making changes to your health and self-care. Includes monthly sessions; choose Nutrition or Bodywork/Massage with our Licensed Massage Therapist and Registered Dietician.

We're Here for You! Table Health is committed to providing a comprehensive approach to primary healthcare. If you have any questions or would like more information about any of our services, please don't hesitate to contact us.



In my 31 years of existence, I have never once had a primary care experience like the one I just had. I have never felt more heard, and understood from a primary care in my life.

-James

## All Services Available at Table health

BENEFIT/SERVICE	INCLUDED IN DPC MEMBERSHIP	ADDITIONAL COST
PREVENTATIVE CARE <i>Physical exam by your physician</i>	✓	
ALL VISITS/UNLIMITED APPOINTMENTS	✓	
ROUTINE PROCEDURES	✓	
RAPIDS TESTS	✓	
VIRTUAL/TELEHEALTH	✓	
AFTER HOURS ACCESS AND CONSULT	✓	
CARE NAVIGATION/GUIDANCE	✓	
PRESCRIPTION MEDICATION		Dispensed at affordable cost or Rx sent to affordable pharmacy
LABS DRAWN AT TABLE HEALTH OFFICE		Wholesale cost plus small draw fee
CUSTOM SUPPLIES & COMPLICATED PROCEDURES		\$0-50
VACCINES/IMMUNIZATIONS		Referred out to lower cost providers most of the time
PHYSICAL THERAPY, DOT PRE-EMPLOYMENT EXAMS		Depends on services and service model chosen and employer need
DRUG AND ALCOHOL TESTING		Varies depending on service requested
WELLNESS AND/OR BEHAVIORAL HEALTH COUNSELING/THERAPY		Pricing varies based on service and model; consult the website for current details.



# REDEFINING HEALTHCARE

## Let's Connect!

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