

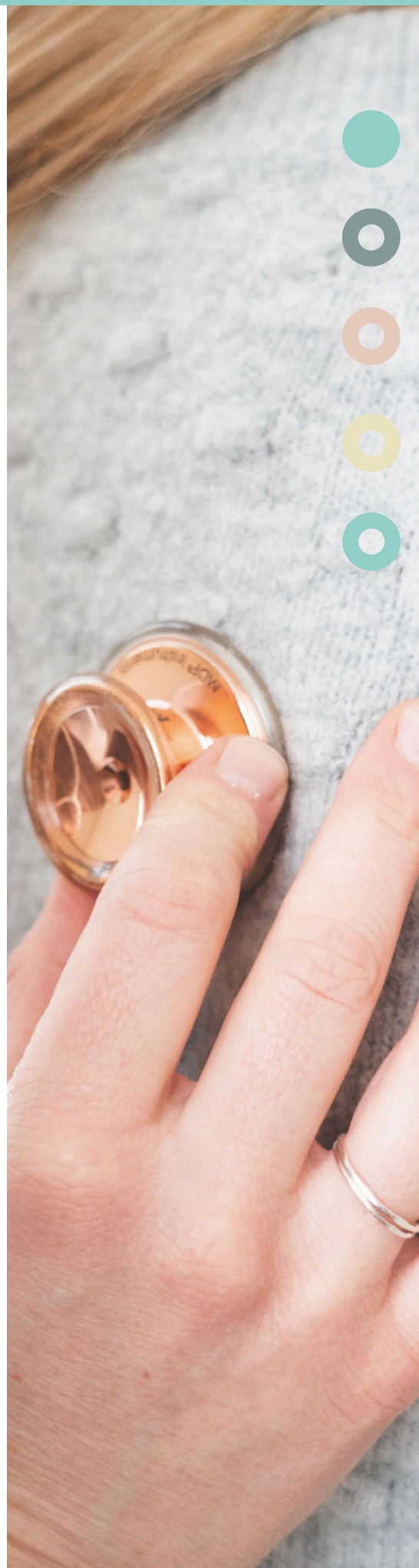


TABLE HEALTH

Healthcare Solutions for Small Businesses

Redefining healthcare with
transparency, authenticity, and
value.

TABLEHEALTH.COM | 231.333.1331
TRAVERSE CITY • PETOSKEY



REDEFINE HOW YOUR BUSINESS APPROACHES HEALTHCARE

When considering employee healthcare, business owners have access to cost-effective options beneficial for both themselves and their teams including savings for the company, boosted employee morale, heightened productivity, and increased retention rates.

WHAT IS DIRECT PRIMARY CARE (DPC)?

Direct Primary Care (DPC) operates as a membership-based primary care service. This model emphasizes access to the doctor with no copays and no deductibles for primary care services. With routine care covered, you can opt for a lower-cost "high-deductible" health plan.

ACCESS TO AFFORDABLE, HIGH-QUALITY HEALTHCARE

- 💰 Saving Employers Money
- 👍 No Copay. No Deductible.
- 👤 Saving Employees Money
- ⊕ High Value Care
- 👣 Increased Access
- ✔️ Cost Transparency



Photo credit: Traverse City DDA

HOW DOES TABLE HEALTH DPC WORK?

PATIENT/DOCTOR RELATIONSHIP

Because we don't participate with insurance, we're not bound by contracts which can create barriers for doctors and patients in their quest toward optimal health.

NO COPAYS. NO DEDUCTIBLES. NO WAITING.

A monthly fee covers primary care services from your annual exam to stitches, and everything in between and it's easy to see your doctor.

SERVICES & COSTS ARE TRANSPARENT

Membership fees and wholesale testing costs are more affordable, known ahead of time, and easy to understand.

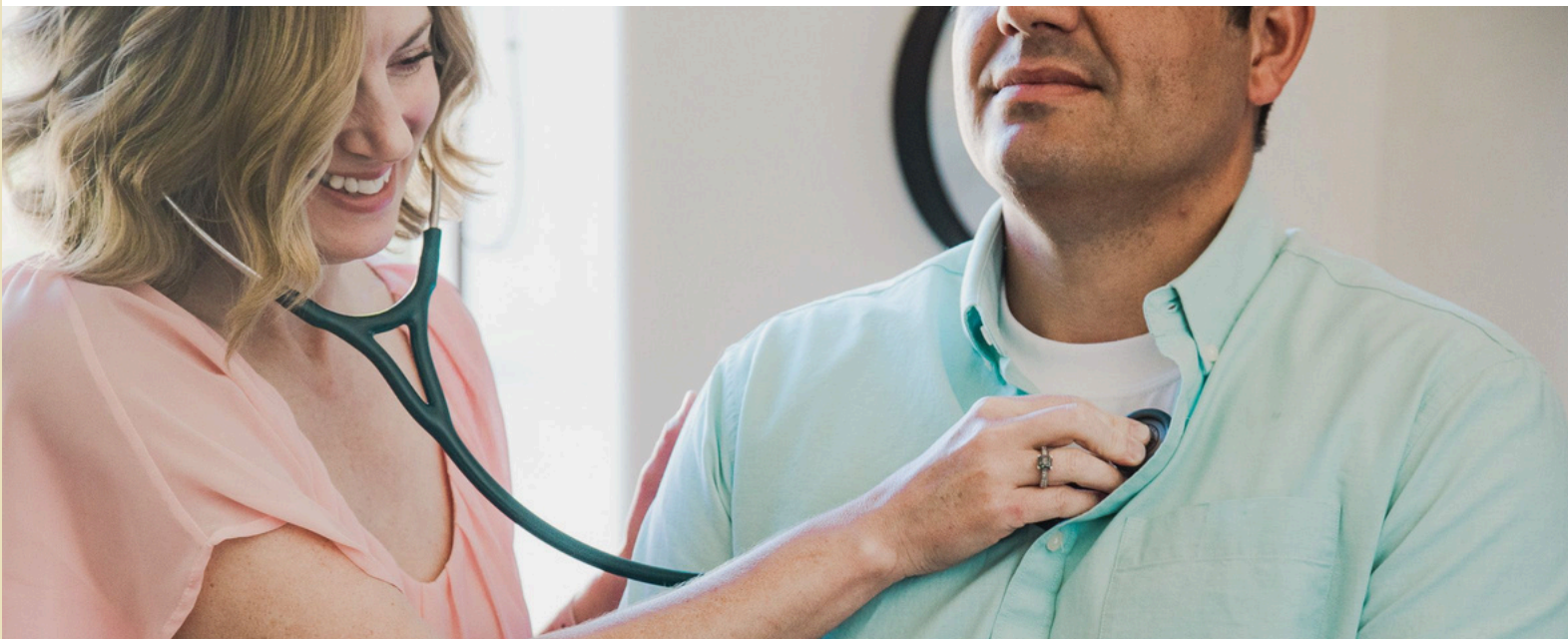
PATIENTS GET THE ACCESS THEY NEED TO STAY HEALTHY

SAME-DAY, NEXT-DAY APPOINTMENTS

AFTER-HOURS AVAILABILITY

IN-PERSON OR VIRTUAL VISITS

SEAMLESS PATIENT PORTAL ACCESS



*"I am seen and heard as a person and not just a patient with symptoms.
I've never had a healthcare experience like this in my life."*

- JULIE, TABLE HEALTH DPC MEMBER

TABLE HEALTH DPC: FLEXIBILITY & CHOICE

Table Health DPC can stand alone or complement conventional insurance or health share plans, offering flexibility and choice to businesses and their employees.

Employers have flexibility in how they design their benefits package to incorporate DPC. Some employers may fully cover the DPC membership fee for employees, while others may offer it as an opt-in benefit with cost-sharing arrangements. The specific structure depends on the employer's preferences, budget, and workforce needs.

WHEN EMPLOYERS CHOOSE THIS TYPE OF HEALTHCARE FOR THEIR EMPLOYEES THEY CAN EXPECT:

- An overall reduction in net healthcare costs
- Reduced utilization of emergency room care
- Increased accessibility to primary physician
- Increased employee satisfaction

(Milliman study 2020)

"We've worked with Table Health for about a year...We have so appreciated their servant hearts and willingness to do whatever it takes to provide quality care to our employees."

ABE MANTHEI
PRESIDENT OF THE MANTHEI GROUP
TABLE HEALTH DPC EMPLOYER PARTNER



DPC MEMBERSHIP: AT A GLANCE

- Annual health assessment
- ACA-compliant preventative care management
- Unlimited medical visits for chronic & acute conditions
- Same-day appointments for urgent issues
- 24/7 access to the physician
- In-office diagnostic labs
- Comprehensive screenings & counseling
- Common diagnostic labs
- Common medications
- Procedures

SAMPLE: ANNUAL OUT OF POCKET COST FOR OUTPATIENT CARE OF ROUTINE CHILDHOOD ILLNESSES

On average, a child will experience several illnesses in a single year. Here is an example of what their medical need may cost on an insurance plan versus how it could be shared as a DPC patient and member of Table Health.

SERVICES	CONVENTIONAL HIGH DEDUCTIBLE PLAN	TABLE HEALTH DPC BUSINESS MEMBERSHIP
Dr. Visit 1: Upper Respiratory Infection	(\$116) + Prescription (\$25) \$141	\$0
Dr. Visit 2: Strep Throat	(\$116) + Strep Test (\$30) + Prescription (\$10) \$156	\$0
Dr. Visit 3: Ear Infection	(\$116) + Prescription (\$25). \$141	\$0
Dr. Visit 4: Sport Injury Ankle Sprain - No X-Ray	(\$116) \$116	\$0
TOTAL OUT OF POCKET COST	\$554	\$0



“Beyond incredible! Meeting Dr. Vince is the best thing that happened to our family. It was the first time I actually felt like a doctor cared about us. He is extremely knowledgeable, kind, and amazing with kids!”

- KATHRYN, TABLE HEALTH DPC MEMBER



Amy Bodnarchuk, MD PHYSICIAN

Dr. Bodnarchuk is a board-certified internal medicine physician and a Direct Primary Care (DPC) physician at Table Health in Petoskey. She attended medical school at University College Cork in Ireland, and her commitment lies in providing holistic, evidence-based, and individualized care. For over a decade, she honed her expertise as Chief Medical Resident at Baystate Medical Center Tufts School of Medicine in Massachusetts and as an internal medicine specialist at the Cleveland Clinic in Ohio. She strives to redefine the patient-physician relationship, emphasizing proactive wellness and personalized attention.



Michelle Manley, DO PHYSICIAN

Dr. Manley is a board-certified family physician and Direct Primary Care (DPC) physician at Table Health in Traverse City. She earned her medical degree from Michigan State University College of Osteopathic Medicine and completed her residency at Munson Medical Center. As a family physician Dr. Manley sees patients as young as newborns through adults of all ages. With interests in the management and prevention of chronic conditions, women's health, breastfeeding medicine, and osteopathic manipulation treatment (OMT) her passion is to help patients achieve optimal health.



Andrea Stoecker, DO PHYSICIAN

Dr. Stoecker is a board-certified osteopathic family physician and a Functional Medicine Direct Primary Care (DPC) physician at Table Health in Traverse City. She attended undergrad and medical school at Michigan State University. In addition to providing a full range of primary care needs, she specializes in women's health, hormones, GI issues, mental wellness, weight loss, and Osteopathic Manipulative Therapy (OMT) to help the body achieve balance. As a doctor trained in functional medicine, Dr. Stoecker works to determine the root cause of their symptoms to develop a plan for healing.



Vince WinklerPrins, MD, FAAFP PHYSICIAN

Dr. Vince WinklerPrins is a board-certified family physician and a Direct Primary Care (DPC) physician at Table Health in Petoskey. He attended undergrad and medical school at the University of Michigan. Working with primary care patients of all ages, Dr. Vince particularly enjoys working with young families. With decades of experience as a family physician including work in Michigan, Wisconsin, Maryland, Virginia, Washington, D.C., The Netherlands, and Brazil, Dr. WinklerPrins also has held high-level academic positions at Michigan State University's College of Human Medicine and Georgetown University's School of Medicine and has won many teaching and clinical awards.

TABLE HEALTH DPC MEMBERSHIP INCLUDES:

COMPREHENSIVE ANNUAL PHYSICAL

- Women's wellness exam including screening pap smear, sexually transmitted infection screening, HPV screening, and contraceptive education
- Men's wellness exam including mental health, heart health, sexual function and transmitted infection screening.
- Health maintenance screenings - depression, breast cancer, prostate cancer screening, colorectal cancer, immunizations, skin cancer, HPV, sexual health, blood pressure, smoking cessation, nutrition and lifestyle, diabetes, bone density

SAME OR NEXT DAY

appointments Monday - Friday

ALL MEDICAL FOLLOW-UP

- Disease Management
- Sick Visit
- Lab Review
- New Symptom
- Treatment Plan Follow-Up
- Misc. Medical Visit

PRESCRIPTION MEDICATIONS

A selection of common medications for urgent illnesses including antibiotics.

IN-OFFICE DIAGNOSTIC LABS

urine dip, rapid strep, rapid flu, pregnancy, glucose

IN HOUSE PROCEDURES

- Mole Removal
- Stitches
- Cleaning and Treatment of Superficial Wounds
- Breathing or Asthma Treatments
- Drainage & Treatment of Boils, Skin Eruptions or Joints
- Contraceptive Placement
- Splinting
- Blood Pressure Monitoring



HEALTH SHARE

Direct Primary Care PRIMARY & PREVENTATIVE CARE

Table Health is a direct primary care and functional medicine practice that helps you transform your health through transparency, authenticity, and value for the individual, family, and company.

- ✓ True relationship-based care
- ✓ Cost transparency and ease of financial transactions
- ✓ More flexibility and availability
- ✓ Addressing the root cause so you can heal

Medical Cost Sharing LARGER MEDICAL COSTS

Inspired by the modern sharing economy, health share models center on Member-to-Member sharing. Health share members support one another's financial and physical health by sharing burdensome medical expenses.

- ✓ Large curative treatments
- ✓ Clear guidelines and simple sharing process
- ✓ Dedicated member services team
- ✓ Average of 50% in cost savings



CONTACT US FOR HEALTH
SHARE PARTNER OPTIONS
AND SIGN-UP DETAILS

SMALL BUSINESSES CAN CUT THEIR HEALTHCARE COSTS IN HALF WITH OUR COMPLETE MEMBERSHIP OPTION.

We welcome the opportunity to discuss how Table Health Direct Primary Care can align with your business goals and help you achieve cost savings while taking care of your most valuable asset—your employees.

Please reach out with a convenient time for a brief call or meeting, and a member of the Table Health team will be happy to give you more information and answer any questions you may have.

TABLE HEALTH TEAM

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