



PALADINA
HEALTH™



GET TO KNOW PALADINA HEALTH



Serving MyFamilyPCP
Enrolled Members,
Spouses and Dependents



MYfamilyPCP



Get started with your Paladina Health provider.

Imagine the doctor's office, the way it used to be — where providers had time to really know and care for their patients. Now fast forward to Paladina Health — when you sign up, you get longer appointments, after-hours access to medical professionals, along with same or next-day appointments for urgent needs. It's a modern approach to the kind of care providers used to give. All at no cost to MyFamilyPCP enrolled members, spouses and dependents.

GREAT CARE, NO HASSLE

- + Easy online scheduling, or call to schedule an appointment
- + Flexible medical provider availability
 - Clinic hours that work with your schedule
 - Same or next-day sick visits and urgent needs
 - After-hours access to medical professionals
 - Virtual Care appointments by phone and video using any computer or mobile device

LESS WAITING

- + Less waiting and more time with your medical team
- + Secure patient portal at your fingertips 24/7 for you to conveniently schedule appointments, message your provider, view lab results and more

SAVE MONEY

- + No out-of-pocket costs for medical visits for you and your family members
- + No-cost generic drugs when prescribed by the on-site clinician and dispensed at the clinic
- + No charge for commonly ordered labs performed at Paladina Health

LOSE NOTHING

- + There is no need to switch doctors or stop seeing a preferred specialist.
- + You can choose Paladina Health as your primary doctor if the relationship is a good fit for you.

THERE'S NO CATCH

- + Paladina Health provides all these services.
- + You can use your Paladina Health provider as much or as little as you need.

HAVE QUESTIONS OR READY TO ENROLL?
Visit www.myfamilypcp.com for more information and to enroll in the program.

PARTNER WITH AN EXPERIENCED PRIMARY CARE PROVIDER

Paladina Health provides a broad scope of primary and preventive care services.

- + Complete primary and preventive care for enrolled members, their spouses and children
- + Annual health and wellness visits, including healthy lifestyle coaching, biometric and preventive screenings, and well-child and well-woman visits
- + Acute care for infections, cold & flu, rashes, sprains & strains and digestive issues
- + Chronic condition management such as diabetes, high blood pressure, high cholesterol, asthma, arthritis, coronary heart disease, COPD, sleep apnea, and more
- + Emotional health evaluations and referrals for psychiatric care, guidance on stress coping techniques and work-life balance
- + Lab work and blood samples performed at the clinic
- + Care coordination with specialists and outside imaging/testing providers, plus referral management and follow-up
- + In-office treatments, including basic wound care, stitches and splinting, and skin procedures such as mole and wart removal

Paladina Health **Service Offerings**

Paladina Health is excited to partner with MyFamilyPCP by offering healthcare services to enrolled members, spouses and dependents. Paladina Health provides access to convenient, comprehensive primary and acute healthcare, along with wellness services delivered by experienced healthcare providers.



PRIMARY CARE

- Coughs/colds
- Allergies
- Sinus infections
- Ear infections
- Minor eye conditions
- Respiratory infections
- Gastrointestinal disorders
- Bladder infections
- Sprains/strains
- Urinary problems
- Skin rashes/lesions
- Burn treatment
- Minor fractures
- Insect bites
- Puncture wounds
- Contusions/lacerations
- Sports/camp physicals
- Migraines
- Shingles
- Blisters
- Wart removal



PRESCRIPTIONS

Several commonly prescribed generic medications are available at select clinics.



PREVENTIVE CARE

- Health coaching
- Health profile
- Lifestyle management
- Wellness exams
- Preventive screenings
- Metabolic health



SCREENINGS

- Blood pressure
- Diabetes
- Asthma
- Thyroid conditions
- Cholesterol
- Mono
- Strep



CHRONIC CONDITION MANAGEMENT

- Hypertension
- Diabetes
- COPD/asthma
- Coronary artery disease
- Depression/anxiety
- Degenerative spine disease

Paladina Health's services are affordable and convenient, allowing for more time with your provider and less time waiting. Your patient health information is kept completely confidential as required by law.

Not all services are available at every location. Consult your provider about services offered to meet your healthcare needs.

