

# SERVICES LIST

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

## Provider Access (typical availability or response time)

**Doctor's office appointments:** Same- or next-day for urgent needs  
**Email consults (through Paladina Health portal):** Within one business day

**Phone consults:** Within two hours during business hours/within 45 minutes outside of business hours

## Primary & Preventive Care

- Basic vision screening (color & near vision)
- Blood pressure screening
- Chronic condition management
- Comprehensive personal evaluation
- Coordination with other providers
- Fitness & nutrition coaching
- Health risk assessment
- Hearing screening (audiometry)
- Lifestyle & risk-reduction coaching
- Sports physicals
- Well-child visits

## Treatments & Procedures

- Basic splinting
- Basic wound care
- Ear wax removal
- EKG
- Incision & drainage of abscesses
- Ingrown toenail removal
- IUD insertion & removal (IUD not included)
- Joint & bursa injection/aspiration
- Lung function screening (spirometry)
- Nebulizer treatment
- PAP smear
- Peak flow testing
- Skin biopsy (lab not included)
- Skin cyst removal
- Skin tag & wart removal (cryo)
- Stitches
- Suture/staple removal

## Labs for Paladina Health Members

- Blood draws & sample collection
- Hemoglobin A1C
- Pregnancy test
- Standard annual labs
- Stool blood test (FOBT)
- Strep throat test

## Immunizations

- Flu vaccine
- Hepatitis A series
- Hepatitis B series
- HPV series (human papilloma virus)
- Meningococcal
- MMR (measles, mumps, rubella)
- Varicella (chicken pox)
- Pneumovax
- Td (tetanus, diphtheria)
- Tdap (tetanus, diphtheria, pertussis)

## Health Portal

Visit [paladinahealth.com/portal](http://paladinahealth.com/portal) to get access.

- Available 24/7
- Make and manage prescriptions from your doctor
- Request refills and view prescriptions
- Email your doctor securely
- Download your personal health record
- Manage your membership

Don't see a specific treatment or procedure?  
Contact your Paladina Health doctor's office to get more information.



## PRESCRIPTION DRUGS & MEDICATIONS

Some doctor's offices have a supply of common, generic medications. Generic versions of the items below are frequently available to members for a low fee, similar to what they might pay at a nearby pharmacy.

### Generic Prescription Program

The generic equivalent of the following medications may be available. Exact medications offered are at the discretion of the provider.

- Aloprim
- Amoxicillin
- Augmentin
- Bactrim
- Celexa
- Cipro
- Claritin
- Cortaid
- Cozaar
- Diflucan
- Ditropan
- Elavil
- Ferrous Sulfate
- Flagyl
- Flexeril
- Flonase
- Gentamycin
- Glucophage
- Glucotrol
- Hydrochlorothiazide
- Imitrex
- Keflex
- Lasix
- Levaquin
- Lipitor
- Lopressor
- Lotrimin
- Naprosyn
- Norvasc
- Ortho Tri-Cyclen
- Penicillin
- Phenergan
- Prednisone
- Prilosec
- Proventil
- Pyridium
- Trazodone
- Triamcinolone
- Ultram
- Ventolin
- Vitamin D
- Z-Pak
- Zantac
- Zestril
- Zithromax
- Zocor
- Zofran
- Zoloft
- Zovirax
- Zyrtec

Certain prescriptions and procedures, and tests sent to outside labs will be charged to your insurance. For those contributing to an HSA, some fees may be required for non-preventive services and acute/non-preventive services are provided, on average, at a lower cost than other providers. Care delivered by phone or email is no additional cost.

