



## PROGRAM DESCRIPTION

### The OCFM Direct Care Program

The OCFM Direct Care Program has been designed to help alleviate the burdensome and escalating costs of healthcare and provide you with an affordable service plan for continuing to receive high-quality medical care.

The program is built around improving your health and well-being, and assures you of the undivided and ongoing attention of the same, personal physician at every visit.

At the heart of the plan is Wellness Care that includes comprehensive annual examinations, lifestyle evaluation, a review of applicable preventive healthcare and treatment options, and a written plan for each member of your family.

### What is included?

Specifically, the plan includes:

- A free annual physical and wellness examination, which includes a thorough review of dietary and lifestyle, detailed review of preventive healthcare recommendations based on current medical research, and a written, comprehensive plan designed to help you achieve the healthiest state possible
- Low-cost office visits for chronic disease (e.g., diabetes, hypertension, chronic lung disease, heart disease, obesity, high cholesterol) and acute illness/injury management. Most services required for acute office visits (e.g., EKGs, nebulizer treatments, skin biopsies, laceration repair) are included at no additional cost
- Access to low-cost generic medication
- Access to low-cost lab work and medical testing (e.g., cholesterol panels, thyroid testing, metabolic panels). For your convenience, lab tests are drawn in our office and results are typically communicated to you within 48-72 hours
- Access to a growing library of information, including educational handouts and audio and video presentations created from discussions conducted with patients and professional presentations
- Access to your physician...the same physician, at every visit
- Discounted "virtual visits"
- Enrollment in our HIPAA-compliant texting service putting you in direct connection with your doctor

Optional add-on packages include

- A low-cost prenatal package for your growing family (\$2,750 per pregnancy) *Please ask for detailed information about what is included.*

### **What is not included?**

- Lab work (blood, urine, or biopsy samples) that we must send to an outside lab is not included in the subscription price, but we provide them to our patients at our cost. We use Atherotech Labs for the majority of our blood tests. They give us significant discounts which we pass directly on to you.
- X-rays, CT scans, MRIs, colonoscopies, or any other tests that are performed outside of our office. With these tests, we work with facilities that provide cash discounts for patients who do not have insurance coverage.
- Consultations with specialists. Like with other services performed outside our office, whenever possible, we refer our patients to independent physicians who are often more willing to work with our patients.
- Legal proceedings. In the rare instances where a service such as a deposition is needed, we are happy to negotiate a special rate with your attorney.

### **What does all this cost?**

- Individual: \$1,250/year (single payment) or 2 payments of \$750 (at 6 month intervals)
- Family(mother, father and children up to the age of 21): \$1,750/year (single payment) or 2 payments of \$1,000 (at 6 month intervals)
- Office visit co-pay of \$35
- Prenatal package rate of \$2,750 per pregnancy
- One-time enrollment fee of \$99

### **How to I sign up?**

Very simple...just let us know! By enrolling in our plan, you are making the same annual commitment to me that I am making to you. You can pay by cash (preferred), credit card, or bank check.

You can enroll by:

Enrolling through our [online portal](#)  
phone: 207-945-5400

Updated: November 30, 2015. This document is periodically updated as new benefits become available. Please visit [www.ocfm.com/dcp](http://www.ocfm.com/dcp) for the most up-to-date information.