

# WELLNESS PROGRAMS

DESCRIPTION	ADULT PROMOTION	ADULT RESTORATION	CHILD PROMOTION	CHILD RESTORATION
	For the adult who is generally healthy, on minimal medications, and does not require extensive medical care. Offers a proactive, integrative approach to acute and chronic diseases and health optimization.	For the adult with multiple medical conditions. Addresses root causes of body imbalances leading to chronic disease. Emphasizes lifelong, positive lifestyle changes and integrative treatment options with the goal of restoring physical, mental, and emotional wellbeing.	For the child who is generally healthy with only occasional childhood illnesses. Offers a proactive, integrative approach to acute and chronic diseases and health optimization.	For the child with multiple medical conditions. Addresses root causes of body imbalances leading to chronic disease. Emphasizes lifelong, positive lifestyle changes and integrative treatment options with the goal of restoring physical, mental, and emotional wellbeing.
<b>Age</b>	26 - 65+	26 - 65+	0-25	0-25
<b>Initial Enrollment Fee</b> Family enrollment fees capped at \$450 Re-enrollment fee may apply if prior membership cancellation	<u>\$225</u>	\$225	\$225	\$225
<b>Monthly Membership Fee</b> Family discounts available: \$5 off Promotion, \$15 off Restoration	\$80	\$280	\$40 w/out parent member \$20 w/ family discount	\$220
<b>VISIT TYPES AND PRICING</b>				
<b>Initial/Annual Complete History &amp; Physical</b> Includes Functional Medicine Timeline, Matrix & Health Assessment	1 per year <i>Approx. 75 min</i>	1 per year <i>Approx. 75 min</i>	1 per year <i>Approx. 60 min</i>	1 per year <i>Approx. 75 min</i>
<b>Follow Up Visit to Initial/Annual Exam</b> Includes Functional Medicine Prescription and Health Action Plan	1 per year <i>Approx. 45 min</i>	1 per year <i>Approx. 45 min</i>	N/A	1 per year <i>Approx. 45 min</i>
<b>Additional Office Visits Included in Program</b> Virtual/Phone consults available, if medically appropriate	2 <i>Per enrollment year</i>	Unlimited	2 <i>Per enrollment year</i>	Unlimited
<b>Additional Office Visits Above Those Included</b> Fee based on time/complexity, ranging between 15-75 min	\$75-\$375	N/A	\$75-\$375	N/A
<b>Office Consult Specifically for Advanced Labs</b> Includes results review and personalized protocol formulation (15-45 min) plus face-to-face consultation (45 -75 min), depending on # of tests.	1 Test: \$375 2 Tests: \$525 3 Tests: \$675 reviewed in single visit	✓	1 Test: \$375 2 Tests: \$525 3 Tests: \$675 reviewed in single visit	✓

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MINOR OFFICE PROCEDURES	ADULT PROMOTION	ADULT RESTORATION	CHILD PROMOTION	CHILD RESTORATION
Ear Wax Removal	✓	✓	✓	✓
Foreign Body Removal	✓	✓	✓	✓
Ingrown Toenail Removal	✓	✓	✓	✓
Laceration Repair/Suture Removal	✓	✓	✓	✓
Skin Tag Removal	✓	✓	✓	✓
Thrombosed Hemorrhoid Excision	✓	✓	✓	✓
Nebulizer Treatments	✓	✓	✓	✓
Cryotherapy Ex: Wart Treatment	✓	✓	✓	✓
Incision and Drainage Abscess/Cyst Lab analysis additional	✓	✓	✓	✓
Joint/Bursa/Tendon Aspiration/Injection Lab analysis additional	✓	✓	✓	✓
Mole Removal/Skin Biopsy Pathology fee additional	✓	✓	✓	✓
Gynecological/Pelvic Exam Pap smear, HPV, STI testing additional	✓	✓	✓	✓
Testicular/Prostate Exam Cytology, STI testing additional	✓	✓	✓	✓
<b>LABS</b>				
Conventional/Routine Labs	Cash-pay discount or Lab bills insurance	Cash-pay discount or Lab bills insurance	Cash-pay discount or Lab bills insurance	Cash-pay discount or Lab bills insurance
Advanced Specialty Labs Cash-Pay or Lab bills insurance directly	Price per Lab fee schedule	Price per Lab fee schedule	Price per Lab fee schedule	Price per Lab fee schedule
Lab Requisition/Phlebotomy/Review	✓	✓	✓	✓
<b>INJECTABLES</b>				
Medications, Immunizations, or Treatments Ex: Antibiotics, Anti-inflammatory Drugs, Steroids, Hormones, Vaccinations, and Vitamins	At cost plus 10%	At cost plus 10%	At cost plus 10%	At cost plus 10%

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POINT-OF-CARE TESTING	ADULT PROMOTION	ADULT RESTORATION	CHILD PROMOTION	CHILD RESTORATION
EKG	✓	✓	✓	✓
Fecal occult blood	✓	✓	✓	✓
Finger stick glucose	✓	✓	✓	✓
Hearing/Visual screening	✓	✓	✓	✓
Peak Flow/Pulse Oximetry	✓	✓	✓	✓
Rapid Strep Test (Throat Culture not included)	✓	✓	✓	✓
Urine dip/micro (Urine Culture not included)	✓	✓	✓	✓
Urine pregnancy	✓	✓	✓	✓
OTHER				
Durable Medical Equipment	At cost plus 10%	At cost plus 10%	At cost plus 10%	At cost plus 10%
Patient Education Workshops	\$5 discount	\$5 discount	\$5 discount	\$5 discount
Pharmaceutical-Grade Supplements	10% off MSRP	10% off MSRP	10% off MSRP	10% off MSRP
EXTRAS				
24/7 After Hours/Weekend Coverage*	✓	✓	✓	✓
Brief Phone/Email Communications	✓	✓	✓	✓
Coordination of Care With other Healthcare Providers	✓	✓	✓	✓
Discounted Cash-Pay Imaging Studies X-ray, CT, MRI, US at participating sites	✓	✓	✓	✓
NOT PROVIDED				
Hospital/Nursing Home Rounds	No	No	No	No
Major Surgical Procedures	No	No	No	No
Routine Childhood Immunizations	No	No	No	No
Custom Casting/Splinting	Refer to Ortho	Refer to Ortho	Refer to Ortho	Refer to Ortho
Treatment of Medical Emergencies	Refer to ER or 911	Refer to ER or 911	Refer to ER or 911	Refer to ER or 911

Dr. Caccopola is on-call after-hours for Heightened Health members daily for urgent/emergent issues. If Dr. Caccopola is unavailable due to a holiday, vacation, or other situation, she will make appropriate arrangements to have another reliable healthcare provider cover for her or she will refer you to ER/Urgent Care.

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**HEIGHTENED HEALTH™**  
FUNCTIONAL FAMILY MEDICINE CENTER