

## **My Aloha Nui - Whole Person Health & Wellness Program**

direct primary care vs. traditional medical care

<b>Comparison</b>	<b>Direct Primary Care</b>	<b>Traditional Medical Care</b>
<b>Definitions</b>	A primary care clinic that offers improved quality and increased access at decreased cost by not accepting insurance, but working closely one-on-one with each individual client to improve and maintain health.	A traditional medical clinic that <u>only</u> offers limited care that is covered by expensive health insurance plans often leading to poor quality and limited access.
<b>Primary Care Physicians in USA</b>	< 1000	> 200,000
<b>Provider Incentive</b>	Quality - based	Volume - based
<b>Clients per doctor</b>	< 500	2500 - 3000
<b>Cost</b>	\$125 - 175 per month	\$500 - \$1200 per month
<b>Client access to MD</b>	24/7/365 access to MD cell/email/EHR portal	Call center phone messages
<b>Cost per visit</b>	none	varies depends on insurance plan
<b>Co pays due per visit</b>	none	Avg \$15 - 30 or 10 - 20% of total charge
<b>Waiting room times</b>	< 5mins	30 - 60mins
<b>Care location</b>	MD office, house call, work place, cell phone, email, text or telehealth	MD office <u>only</u>
<b>How long is visit</b>	1 hour	< 15mins
<b>New client appointment waits</b>	< 1 week	6 - 8 weeks
<b>F/U appointment</b>	same day / next day	3 - 4 weeks
<b>Can I schedule a home visit</b>	yes	no
<b>Will MD visit me in nursing home</b>	yes	no
<b>Will MD visit me in hospital</b>	yes	no
<b>Acute medical issue after hours</b>	call MD/nurse directly	urgent care or ER
<b>Referral completion</b>	same day / next day	2 - 3 weeks
<b>Care coordination</b>	complete	minimal
<b>Services covered</b>	<u>all</u> acute & chronic medical issues, including comprehensive annual physicals, improving fitness & weight loss, nutritional counseling, aesthetic skin care, acupuncture, massage, pediatric/sports physicals, mental health screening & therapy, terminal illness care, work physicals, CDL license exams, medical cannabis certification, worker's comp injuries, motor vehicle accidents, etc	limited depending on type of plan
<b>Can you use insurance?</b>	Yes; insurance can be used for any ordered labs, scheduled studies & specialist referrals.	Yes; insurance can be used for any ordered labs, scheduled studies & specialist referrals.