

Speck Health | Cardiology Options



Patient Benefits	Basic Preventative Cardiology \$900	Lifestyle Preventative Cardiology \$1,800
Electronic access to medical records	✓	✓
After-hours on-call physician availability	✓	✓
In-office lab draws, blood pressure checks, and nurse visits	✓	✓
Periodic review of pertinent laboratory and diagnostic data including medical genetic testing	✓	✓
Unlimited visits regarding cardiovascular health concerns with flexible scheduling on request	✓	✓
Unlimited phone, web, and e-mail communication with Dr. Speck regarding cardiovascular health	✓	✓
Navigate health care in Seattle - medication, specialists, procedures, hospital	✓	✓
Navigate health care while traveling - medication, specialists, procedures, hospital		✓
One CIMT imaging for early atherosclerosis detection	✓	✓
One consultation with exercise physiologist regarding general exercise plan	✓	
One fitness assessment with exercise physiologist		✓
One exercise prescription from exercise physiologist		✓
One exercise education session with exercise physiologist		✓
Monthly e-mail contact and four on-site coaching sessions with exercise physiologist		✓
One nutritional analysis and dietary recommendations from Dr. Tripps	✓	
One nutritional consultation and dietary plan with nutritionist		✓
10% discount if paid in full		✓
10% discount for spouse enrollment	✓	✓
10% discount for individuals under 26 years old	✓	✓
10% discount on self-selected POTENTRx exercise, nutrition and naturopathic services	✓	✓