

Speck Health | Cardiology Options



| Patient Benefits | General 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 consultation and dietary plan with nutritionist | | ✓ |
| No cancellation fees for appointments cancelled within 48 hours | ✓ | ✓ |
| 5% discount if paid in full | | ✓ |
| 5% discount for spouse enrollment in the same membership | ✓ | ✓ |
| 5% discount for individuals under 26 years old | ✓ | ✓ |
| 5% discount on self-selected POTENTRx exercise and nutrition services | ✓ | ✓ |