

Speck Health | Internal Medicine Options



Patient Benefits

	General Internal Medicine \$1,800	Lifestyle Internal Medicine And Preventative Cardiology \$3,000
Electronic access to medical records	✓	✓
Same-day, weekday urgent care visits	✓	✓
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	✓	✓
One comprehensive health history and physical exam	✓	✓
Unlimited visits regarding internal medicine health concerns with flexible scheduling on request	✓	✓
Unlimited phone, web, and e-mail communication with internal medicine physicians and staff	✓	✓
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 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	✓	✓
5% discount for individuals under 26 years old	✓	✓
5% discount on self-selected POTENTRx exercise and nutrition services	✓	✓