

Retainer Medical Services

Employer's Guide of How it Works and
the Benefits to You and Your Employees.

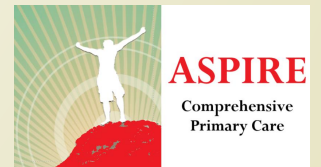


ASPIRE

**Comprehensive
Primary Care**

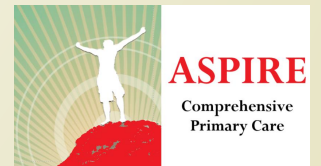
Who We Are

We are **ASPIRE Comprehensive Primary Care**, a retainer medical practice in collaboration with **Rose City Urgent Care and Family Practice** operating multiple primary and urgent care clinics in and around Portland, OR. Our clinics feature caring and experienced providers, same-day urgent care, integrated behavioral health, co-located physical therapy, and substance addiction specialists. Our philosophy is non-opiate pain management, and conservative medication prescribing that is best practice.



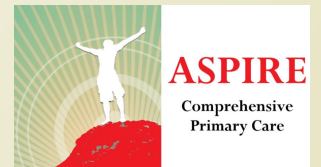
What is a Retainer Medical Services?

- Retainer medical services (RMS) is a method of accessing primary care for a fixed, low monthly fee
- It is NOT insurance, but coverage in place of or in addition to insurance
- It covers all standard primary care services (See list of services)
- Gives ready access to urgent care from a group of medical providers who know you



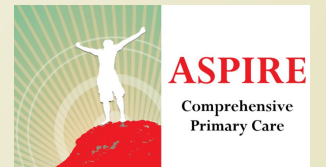
How It Works

- ▶ A monthly fee is collected for each employee and family member who wants to participate
- ▶ Participating members may access preventive and urgent care services through any Rose City Medical clinic
- ▶ No co-pays or co-insurance
- ▶ Less common services not covered by RMS can be billed to individual's health care plan if one exists



Other Features

- Convenient communication with your primary care provider through a secure portal
- Integrated behavioral health services covered by health insurance or our premium membership plan
- Quarterly Employer Report showing utilization by members and the value of services provided



List of Services

➤ All Primary and Urgent Care visits:

- Preventive wellness exams
- Well Child exams
- Acute illness or injuries
- Urgent care not requiring an ER visit
- Chronic disease care
- Annual checkups
- Sports physicals

➤ Testing and procedures:

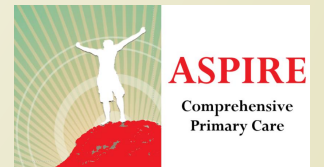
- Flu shot
- EKG
- PPD (Tuberculosis skin test)
- Nebulizer treatment

- Minor surgical procedure

- Urinalysis
- Blood glucose
- Urine pregnancy test
- Lipid Profile
- Diabetic Testing
- Rapid strep test

➤ Other services:

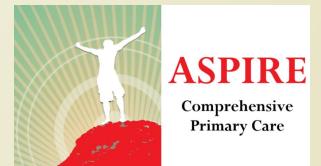
- After hours call service
- Care Coordination (medical/behavior health)
- Alcohol and Substance abuse screening
- Lifestyle counseling
- Tobacco cessation counseling
- Tele-medicine (pending)



Membership Fees

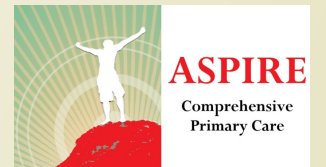
Member	\$65
Member plus 1	\$125
Member plus family (up to four)	\$180
Each additional member under 18 years of age	\$30*
Each additional member 18 year and over	\$60
Premium plan (behavioral health services)	\$10 additional**

- *Members under 18 years of age require participation of at least one parent or legal guardian.
- **Integrated behavioral health clinicians are available at each clinic location to assist with various behavioral related issues.
 - **12 Behavioral health visits per year
 - **10% Discount on behavioral health visits after 12



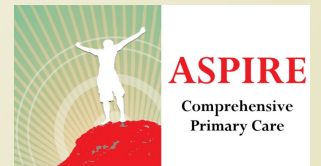
Benefits to Employee

- Greater access to primary and urgent care without having to worry about co-pays or co-insurance
- Longer appointment times to allow a better provider-patient interaction
- The medical provider is focused on the patient and not worried about specific coding the insurance wants



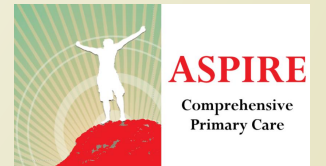
Benefits to Employer

- Providing a more accessible medical benefit to your workforce
- Allows you to choose a higher deductible plan with lower premium cost
- Works great with a partial self-funded plan that pays you back for savings during the plan year
- Benefit option in lieu of employer-sponsored health care plan



Employer Packet

- Employer Agreement
- How ASPIRE Comprehensive Primary Care Retainer Medical Services Works
- ASPIRE Comprehensive Primary Care No Co-Pay Document
- ASPIRE Comprehensive Primary Care Member Enrollment Form



We're
excited
to work
with you!

Retainer Medical Services



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