



Charis Care Member Services Guide

Effective August 2011

The Charis Care plan provides routine primary care services. In general, this includes:

- health screening
- assessment, diagnosis, and treatment for the promotion of health
- detection and management of disease or injury.

Members may schedule appointments as needed for preventative care, disease management, and in-office health procedures.

Same or next-day evaluations are available for minor injuries or illnesses that do not require the immediate attention of emergency or specialist care.

Practice Philosophy

Charis Family Clinic is a small family-centered practice that believes personalized care and relationship building are the basis for improving health outcomes. Patients can schedule appointments online at a time that works for them. Same or next business day appointments are available. When you come in, we listen. In order to keep our promise of excellent care, we limit the size of our practice.

Examples of Services Include.

Health Promotion/Wellness

- General physical/sports physical
- Blood pressure checks
- Well woman/man/child visit consultation
- Childhood immunizations
- Smoking cessation counseling
- Basic behavioral health

Chronic Disease Management

Your provider will provide education and training to manage chronic health conditions such as high blood pressure, Type II diabetes, high cholesterol, asthma, arthritis, osteoporosis, and other conditions.

In-office Treatments/Procedures

- Breathing treatment/nebulizer
- Removal of skin lesions
- Ear washing
- Minor burn care
- Drainage of abscess
- Skin biopsy
- Sprains and strains
- Minor cuts or laceration repair
- Wart treatment

In-office Laboratory Tests

- Blood sugar test
- Blood oxygen test (oximeter)
- Electrocardiogram (EKG)
- Urinalysis
- Pregnancy test
- Rapid strep test
- Stool blood test
- Mono test

Medications and Vaccines

Selected medications and vaccines may be provided in the office. In Washington State, all state-approved childhood immunizations are currently provided at no extra cost.

Examples of costs of other medications:

Testosterone **\$25**

Ceftriaxone **\$25**

Phenergan **\$10**

Ketorolac **\$10**

B-12 **\$10**

Tdap vaccine **\$50**

Zostavax vaccine **\$170**

Liquid nitrogen (for wart treatment; other topical treatments are available without additional cost) **\$25**

Procedure: Lung function testing **\$20**

Our Values

Access:

We believe everyone deserves health care and work with you to remove barriers to your best health.

Respect:

We respect the humanity of all.

Compassion:

Everyone has a story. We are here to support you in your journey.

Quality:

Our care is based on the latest treatment guidelines, with attentiveness to costs.

Prevention:

We take the time to address nutrition, exercise programs, supplements, and other components of your personalized plan.

Holistic:

We support you experiencing God in your life and personal growth.

Prescription Pharmaceuticals

Our providers will work closely with members to utilize pharmaceutical programs to identify the most cost effective and effective prescriptions for treatment. **Prescription pharmaceuticals are not provided by Charis Care.**

Off-Site Laboratory Testing

If additional laboratory tests are needed, Charis Clinic performs, at no additional charge, blood draws and sample collection in our clinic and sends them to our partner laboratory, which provides a substantial discount to Charis Care patients. Here are the approximate costs of some common tests. **Note that these prices are not in Charis Clinic's control and are subject to change without notice.**

Complete Blood Count	\$15
Complete Metabolic Panel	\$15
Electrolyte Panel	\$10
Lipid Panel	\$30
Prostate Antigen Level	\$15
Thyroid Stimulating Hormone	\$15
PAP	\$88 *May be discounted for lower incomes
Cultures	\$45
Thyroid antibodies	\$50
PT/INR	\$15

Fees

There is a **\$50 setup fee at the time of enrollment**. If a family enrolls at one time, the setup fee for the **entire family is \$100**.

The monthly basic membership fee is as follows:

Child (Age 0-17)	\$39/mo
Adult (Age 18-64)	\$49/mo (\$55/mo as of Jan 1, 2012)
Senior (Age 65+)	\$59/mo

There is no additional charge for up to six visits per year. (For example, if you enroll on May 15, 2011, there is no additional charge for up to six visits between May 15, 2011 and May 15, 2012.) **There is a \$10 visit fee for each visit in excess of six visits per year.** There are no visit fees for childhood immunizations.

What Is a Nurse

Practitioner?

Nurse Practitioners are Advanced Practice Registered Nurses with Masters or Doctoral degrees.

Like physicians, NPs are educated to examine, diagnose, and develop treatment plans, including prescription medications, for your acute and chronic health conditions. NPs are also holistic providers who offer personalized care.

Why Choose a

Nurse Practitioner?

Nurse Practitioners' patient satisfaction and outcome ratings equal and sometimes exceed those of physicians. Many studies demonstrate the excellent care provided by NP's.

Incidental Fees

If your care requires supplies or services provided by Charis Clinic that are not covered by Charis Care, you will be responsible for those charges. Charis Clinic attempts to provide these extra supplies and services at or near cost. In all cases, these extra supplies or services will be discussed with you in advance.

What Is NOT Provided by Charis Care

The following services are NOT provided by Charis Care, except for primary care level treatment and counseling:

- Psychiatric Services
- Infertility services
- Sexual dysfunction treatment
- Marital or family counseling
- Weight loss treatment

The following services are examples of what is NOT provided by Charis Care at all:

- Acupuncture
- Cosmetic procedures
- Rehabilitation
- Hearing care
- Massage therapy
- Outpatient labs
- After hours/weekend care
- Maternity/prenatal care/labor and delivery
- Chemical dependency/Drug & Alcohol treatment
- Outpatient diagnostic procedures such as:
 - Colonoscopy
 - CT scan
 - Endoscopy
 - Hospice care
 - Hospital care
 - Sterilization
 - Dental care
 - Pain management
 - Outpatient radiology
 - Chiropractic care
 - Naturopathy
 - Emergency room care
 - Vision care
 - Outpatient surgery

Please ask if you have any questions about what is provided by Charis Care.

Our Website

<http://www.charisclinic.com>

Visit our website to make appointments and for further information.

Our Address

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Provider

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