

DPC Versus


How Direct Primary Care Stacks Up Against Traditional Insurance When It Comes To Annual Wellness Visits

Annual Wellness Visit

An Annual Wellness Visit (AWV) is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan, which may help prevent illness based on your current health and risk factors. It includes a health risk assessment, routine measurements, a review of medical history, personalized health advice, and a screening schedule for preventive services. This visit is a staple of many health plans and understanding how it works within your plan can play an important role in selecting the right plan for you and your family.


This year, your employer is offering a plan centered around Direct Primary Care (DPC). As you learn more about that plan we wanted to show you how choosing DPC improved your Annual Wellness Visit.

Annual Wellness Visit with Traditional Insurance



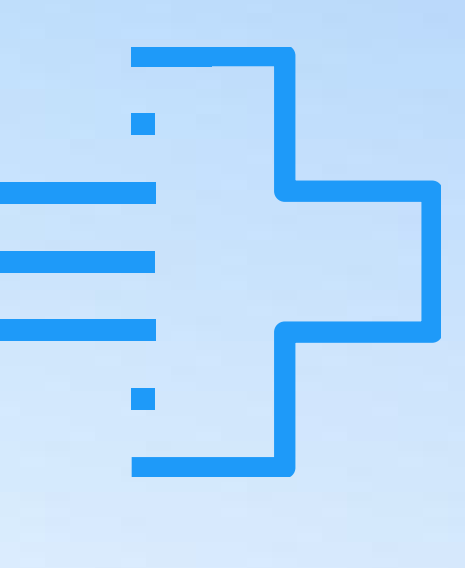
20

minute appointments on average




2+


weeks of advanced notice for appointment



only address known issues



checklist guided visit



often requires copay

Visits typically include:

- Medical History Review
 - Physical Exam
 - Review of Risk Factors for Illness
 - Bloodwork, Lab Tests
- Personalized Prevention Plan
 - Medication Review
 - Vaccinations

Annual Wellness Visit with DPC-Centered Plan



60

minute appointments on average



1

day of advanced notice for appointment



explore all issues/concerns



patient-focused & person-specific



never a copay

Visits typically include:

- Medical History Review
 - Physical Exam
 - Review of Risk Factors for Illness
 - Bloodwork, Lab Tests
 - Personalized Prevention Plan
 - Medication Review
- Vaccinations
 - Address New Health Concerns
 - Chronic Disease Management
 - Acute Health Issues
 - Discuss New Symptoms

Why DPC?

Direct Primary Care (DPC) is a healthcare model where patients pay a monthly membership fee directly to their primary care clinician, bypassing traditional insurance. Beyond the annual wellness visit, this model of primary care allows for more personalized, accessible, and comprehensive care where patients and clinicians build lasting and meaningful relationships around their health.