



*A new approach to Family Medicine because*

*Building healthy relationships takes time*

HELPING KEEP YOUR BUSINESS HEALTHY

# **DIRECT PRIMARY CARE**



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# ABOUT OUTPATIENT FAMILY MEDICINE TRANSFORMED

## Who We Are

We are a direct primary care practice, which means we don't accept insurance. Instead, we offer personalized low-fee monthly subscriptions that include acute and non-acute doctor's visits, extended appointments, reduced costs, and price transparency.



## Our Mission

At Outpatient Family Medicine Transformed we seek to inspire, heal, and affirm patients who visit our clinic by providing the highest standards of care to all members of the community, especially those marginalized by society. Our high standard of care is based off a foundation of integrity, respect, perseverance, and justice.



## Our Vision

We bring healthcare back to the basics by removing the obstacles of conventional primary care to make your visits to the doctor convenient, affordable, and accessible. We believe that healthcare should be between you and your doctor, not third-party payers.



# MEET OUR TEAM



**Dr. Jessica Lapinski, DO**  
FOUNDER & PHYSICIAN

Dr. Lapinski is the founder and sole physician of Outpatient Family Medicine Transformed. Her journey toward medicine started at Kirksville College of Osteopathic Medicine, where she graduated in 2016. She then placed into a top 10 family medicine residency program at Duke University where she served as the Education Chief Resident, Population Health Chief Resident, and received a specialized training concentration in gender affirming care. She is also certified with the American Board of Family Practice and has completed a fellowship in Primary Care Psychiatry.

The decision to pursue family medicine evolved from Dr. Lapinski's love of diversity. She relishes the idea of being able to care for the entire spectrum of the population, regardless of age, sex, orientation, race or socioeconomic status. She believes it is the family physicians' role to provide comprehensive, patient-centered care that takes into account the biological, behavioral, and social aspects of health.

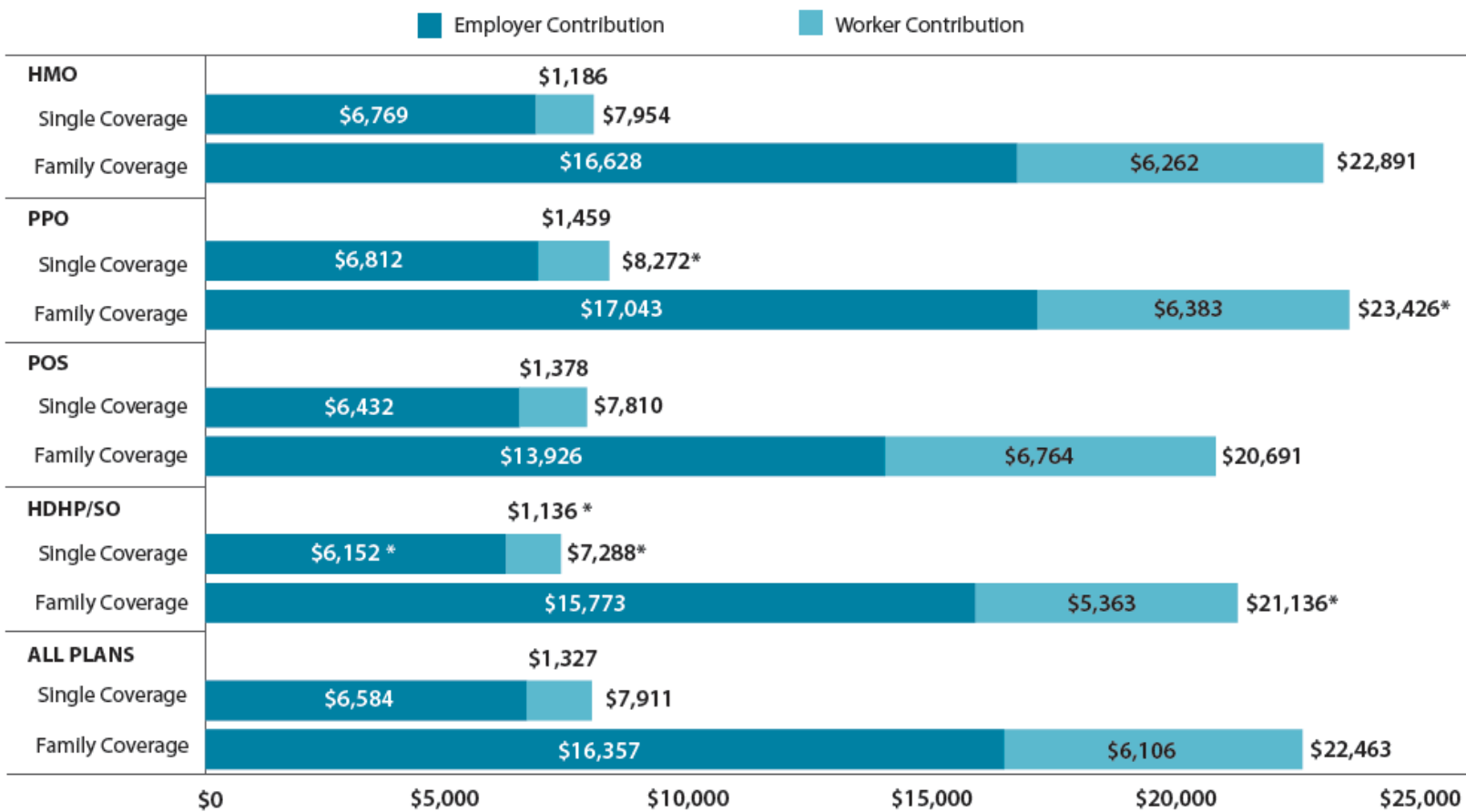


**Alexandra Lapinski**  
SOCIAL MEDIA & CLIENT ENGAGEMENT MANAGER

Alexandra Lapinski is a student at Dominican University, majoring in international business and minoring in political science and economics. She has always been interested in social media and being able to inspire and inform people. Alexandra has also spent years traveling around the world enriching her knowledge with different cultures. She has been a published writer for her Universities creative writing magazine and for an Italian magazine. She as well created videos for Northwestern's Family Residency Program. She enjoys photography, videography, scuba diving and traveling.

# How Much Is Health Insurance Costing Your Business?

Average Annual Worker and Employer Premium Contributions for Single and Family Coverage, by Plan Type, 2022



\* Estimate is statistically different from All Plans estimate within coverage type (p < .05).

SOURCE: KFF Employer Health Benefits Survey, 2022

# WHY DIRECT PRIMARY CARE (DPC)

As an employer, one of your primary concerns is keeping your employees healthy and happy. Healthy and happy employees equals a healthy and productive company. These employees are more likely to show up on time and perform productively. This in turn directly impacts your company's bottom line. Studies show that, on average, a DPC member has 59% fewer emergency room visits, spends 30% fewer days in a hospital, and is referred to specialists 62 % less often than a similarly situated patient in a traditional primary care practice. As an employer, you should pay close attention to these statistics. Why? By proactively supporting the health of your employees you can reduce absenteeism, increase productivity, enhance engagement, and make sure that the employees you care so deeply for are healthy and happy. It's a win-win for everyone!







# BENEFITS FOR EMPLOYERS:



**COST**


- Lowers healthcare costs
- Focuses on keeping employees well

- Reduces absenteeism
- Offers convenience and timeliness



- Contributes to productivity
- Promotes a health-oriented culture

- Provides a recruiting, retention and job-satisfaction advantage



# BENEFITS FOR EMPLOYEES:

1

## Extended Time with the Doctor

We believe that medicine is about building relationships with our patients. We offer extended office visits, at minimum, doubling the amount of time you spend with your doctor. Your health is our primary focus.



2

## Same or Next Day Appointments

Scheduling your appointment has never been easier. Have access to same-day or next-day appointments and say goodbye to waiting months to see your family doctor.

3

## Patient Focused

We believe that the doctor-patient relationship is key to promoting health and wellness, that's why we only accept a limited number of patients so that we have the time to focus on getting to know you and your family.



4

## No Scheduling Fees or Co-pays

Say goodbye to fees and co-pays - they are included in your membership plan. No surprise bills from insurance companies deciding they will not cover a particular service.

5

## In-house Pharmacy

Save hundreds with our in-house pharmacy that offers a wide range of the most commonly used medications. We do NOT dispense controlled substances, however are able to write you a prescription to go to your local pharmacy.



6

## Greatly Discounted Lab Work

By removing the middleman we are able to directly negotiate great deals on lab work. This means that our cash-pay labs often cost less than what you would pay for your insurance co-pay alone.

# PIECING TOGETHER YOUR OFFER:

Our goal is to meet YOUR needs! Each business is unique and as such we believe in creating a personalized offer for your employees. We're here to help you align your healthcare offer with your business values.

## Key Plan Components:



## Enrollment Fee:

There is a one-time, non-refundable enrollment fee to get your employees started with our DPC practice.



< 10 Employees

\$150 per employee

11 - 20 Employees

\$125 per employee

21 - 50 Employees

\$100 per employee



# Health Benefits:

Select the health benefits you would like to offer your employees.

## Primary Care Only

Members benefit from extended office visits addressing the following services:

- Annual Exams and Screenings
- Sports Physicals
- Employment Physicals
- Sick visits
- Women's Health
- LGBTQ+ Healthcare
- Healthy lifestyle counseling to help prevent chronic disease
- Managing chronic medical conditions (Diabetes, Hypertension, High Cholesterol and more)
- Maximizing quality of life
- Medical Cannabis Certification
- Goals of care discussions

### PRICING:

- Employee
  - \$100 per month
- Spouse/Significant Other
  - \$80 per month
- Children
  - \$60 per child per month

## Primary Care + Gender Affirming Care

All the benefits in our Primary Care Package plus our Gender Affirming Care Package.

Our practice specializes in Gender Affirming Care. We believe that all patients deserve accessible, equitable and competent care. We work with our patients to create a personalized transition profile based on individual goals and current best practices.

For package details please see our website:  
<https://opfmt.com/gender-affirming-care>

### PRICING:

- Employee
  - \$160 per month
- Spouse/Significant Other
  - \$160 per month
- Children
  - \$180 per child per month
- If an initial evaluation is needed there is a one-time \$400 charge

## Primary Care + PCP Psychiatry

All the benefits in our Primary Care Package plus one PCP Psychiatry visit per month.

This program will include a plan that uses the biopsychosocial model to ensure a comprehensive approach.

Additional psychiatry visits will be on a fee-per-service model, with discount pricing available to members of the clinic.

Currently, this program is only available for anyone over the age of 16.

### PRICING:

- Employee
  - \$220 per month
- Spouse/Significant Other/Children
  - \$200 per month
- If an initial evaluation is needed there is a one-time \$300 charge

## Benefits Eligibility:

Who will be eligible to receive the DPC benefits?

Employees Only

Employees +  
Dependents

## Prescription Benefits:

What percentage of the cost of prescriptions available at our in-house pharmacy are you interested in providing for your employees?

0%

25%

50%

75%

100%

## Laboratory Benefits:

What percentage of the cost of our discounted cash-pay labs are you interested in providing for your employees?

0%

25%

50%

75%

100%

## Imaging Benefits:

What percentage of the cost of our discounted cash-pay imaging studies are you interested in providing for your employees?

0%

25%

50%

75%

100%



# FOR INQUIRIES, CONTACT US.

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CONNECTED!**  
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