

Your Next Chapter of Care

RPG HEALTH | PATIENT TRANSITION PACKET | Updated October 11, 2026

Dear RPG Health patient,

Thank you for allowing me to be part of your healthcare. RPG Health's last day of in-person appointments at our Milford office will be Friday, December 11, 2026. Although our office is changing, you have choices for continuing your care. I want to make this transition as clear and comfortable as possible.

— Kelsie Judd, AGPCNP-C

Option 1 | Continue primary care with me at beHuman

I am joining beHuman, a separate virtual primary care organization. I will continue providing primary care through telehealth, including preventive care, ongoing health concerns, chronic condition and medication management, and appropriate lab review and follow-up. Some concerns still require in-person evaluation or testing, which are not available through beHuman.

Registration is open now. My appointment schedule is expected to become available starting October 19, 2026; specific appointment availability is not guaranteed before then.

REGISTER: <https://patient.behuman.health/register>

When you reach the scheduling section, select Kelsie Judd.

beHuman reports accepting most PPO plans and Original Medicare. Verify your individual coverage and benefits with beHuman before booking. Highmark credentialing is still being finalized. Self-pay visits are \$150 per visit.

Option 2 | Longevity Optimization by RPG Health

RPG Health will continue separately as a virtual Longevity Optimization membership through the Tenor Health platform. This optional program combines relevant lab results, compatible wearable data, nutrition logging, and health trends with AI-assisted organization and provider oversight to support personalized long-term wellness planning.

The standard rate is \$199/month. A \$149/month offer is planned for eligible current and former RPG Health patients enrolling by October 31, 2026; final enrollment terms and instructions should be confirmed before payment.

INTEREST FORM: [https://docs.google.com/forms/d/e/](https://docs.google.com/forms/d/e/1FAIpQLSeVkbBkbpV566fObvUmRu5v5fYoLspvC5-eAvkJBAgLR8OmQ/viewform)

[1FAIpQLSeVkbBkbpV566fObvUmRu5v5fYoLspvC5-eAvkJBAgLR8OmQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeVkbBkbpV566fObvUmRu5v5fYoLspvC5-eAvkJBAgLR8OmQ/viewform)

Longevity Optimization is not a replacement for primary care. You do not need a membership to receive primary care through beHuman.

Option 3 | Choose another primary care practice

If you prefer ongoing in-person care or another provider, you are welcome to establish with the practice of your choice. Please make arrangements early enough to avoid gaps in medications, monitoring, or follow-up. The new practice will need to request records via a signed medical record request.

How to transfer your medical records

For beHuman: Complete the medical-records consent/authorization expected during the beHuman scheduling process. Through December 12, contact RPG Health if you need assistance with a records release. Beginning December 13, all medical-records requests must be submitted by fax to RPG Health at 570-531-4331. Once the appropriate authorization is received, RPG Health can fax authorized records to beHuman at 561-821-9872. Records do not transfer automatically.

For another practice: A signed authorization identifying your new clinician or office is required. Beginning December 13, submit all medical-records requests by fax only to RPG Health at 570-531-4331. RPG Health will arrange authorized transmission.

Before your final RPG Health office visit

- Discuss prescriptions and how to avoid interruptions; refills are not automatic when changing organizations.
- Review outstanding lab results, imaging, referrals, and follow-up plans.
- Confirm your preferred primary care option and updated contact information.
- Request a medical records release if you will be moving to a different practice.

Important dates

October 19, 2026 — Expected start of beHuman appointment scheduling with Kelsie

October 31, 2026 — Planned deadline for eligible patients' Longevity Optimization preferred-rate offer

December 11, 2026 — Last day for in-person appointments at RPG Health's Milford office

December 13, 2026 — Existing RPG Health phone number continues after porting; medical-records requests must be submitted by fax only

Questions and contact information

RPG Health's office phone number remains 570-409-7177 after the December 13 port. For medical records, beginning December 13, fax requests only to 570-531-4331; telephone requests for records will not be accepted. Do not send sensitive medical information through social media or ordinary email. For emergencies, call 911; for urgent problems, seek appropriate in-person care.

beHuman patient information: <https://www.behuman.health/>

RPG Health phone: 570-409-7177

RPG Health medical-records requests by fax: 570-531-4331

Thank you for trusting me with your care. I hope to continue being part of your healthcare journey in whichever way is right for you.