



7 Things To Consider When Choosing a Direct Primary Care Physician



Direct primary care (DPC) is a newer approach to traditional primary care through a general practice doctor. Rather than paying for visits using healthcare insurance (with or without a co-pay), DPCs charge a subscription fee, which is often lower than the cost of health insurance.

These considerations can help you decide if a DPC practice is right for you:



1. PHILOSOPHY

Most DPC doctors place a high priority on keeping you healthy. This is excellent news since preventative care keeps you feeling good and usually lowers your overall cost of healthcare. Make an appointment to meet a potential physician and discuss their philosophy. If they don't welcome an initial consult, you should probably keep searching.



2. PRICE

Prices can vary wildly, as well as what's included in a subscription. Make sure you clearly understand these details and are comparing "apples to apples" when choosing between providers.



3. SUBSCRIPTION COMMITMENT

Some DPC doctors require a minimum subscription commitment. Others work on a month-to-month basis. As long as you're making an informed decision, either approach is fine.



4. IN-OFFICE PROCEDURES

DPC doctors may charge additional fees for some or all in-office procedures. In other cases, this is wrapped into the subscription. Be sure you know what is included and what costs more.



5. LABORATORY TESTING BENEFITS

Has the practice negotiated lower rates on patients' lab tests? For example, the "retail" price on a Complete Blood Count (CBC) panel can be well over \$200, but some DPCs have secured "negotiated" rates for their patients, cutting the cost to \$30 or less.



6. PRESCRIPTION BENEFITS

Some DPC doctors write prescriptions to fill at your local pharmacy. Others offer common (non-narcotic) prescription drugs at an "in-house" pharmacy for lower (sometimes dramatically lower) prices. Be sure to ask about any potential Rx benefits.



7. REFERRAL BENEFITS

In addition to negotiating rates on lab tests, some DPC practices negotiate rates for their patients when specialists or specialized services (like x-rays or MRIs) are needed. Other practices offer local guidance on finding the best prices. They may also be able to do some of the initial prep work, before you see a specialist, to reduce the number of visits and the cost of specialist services.

Count on an SRES® to guide you through the process of buying or selling your home, making the transaction less stressful and more successful.

The Seniors Real Estate Specialist® (SRES®) designation is awarded by the SRES® Council, a subsidiary of the National Association of REALTORS® (NAR).

To learn more about SRES® and access various consumer resources, please visit [SRES.org](https://www.sres.org).

