



The Direct Primary Care Guide

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01 Overview

Direct Primary Care gives you direct access to your doctor. Call, text or message when something comes up, get seen the same day, and have real time to talk when you come in. It's one monthly membership, with no copays and no surprise fees.

Our whole practice is built on the RENEW Method (Recovery, Exercise, Nutrition, Emotional health and Wellness). We look at your health at your yearly physical and at every visit in between.

Each year starts with your Comprehensive Annual Physical, so we know where you stand and what to keep an eye on.

At a glance

- **Your Comprehensive Annual Physical** includes full baseline of your health once a year, with a screening ultrasound and a clinical movement assessment
- **Your care team** includes our physician assistant (PA-C), Doctor of Athletic Training (DAT) and nursing team
- **Your year** is direct access to your care team with quick replies, same-day visits and after-hours access
- **You leave with** every result from your comprehensive physical, body-composition analysis and clinical movement assessment together in your Nomad portal

02 Before your visit

What we gather first

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- **Your goals:** what you want from this year and your biggest health questions
 - **Your history:** medical and surgical history, past injuries, and the health patterns in your family
 - **Your medications:** prescriptions, supplements and allergies, reviewed and confirmed
 - **Your records:** past lab results, imaging, specialist notes and screening reports
 - **Your preventive care:** where you stand on vaccines, cancer screenings, and dental, vision and hearing checks
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03 Your Comprehensive Annual Physical

Your comprehensive annual physical gives you a baseline every year, so we know where you stand, what’s changed, and what to watch.

Your baseline measurements

Our nursing team records where you stand today.

- Blood pressure, pulse, breathing rate, oxygen level and temperature, with standing measurements when needed
- Height, weight, BMI and waist measurement
- A SECA bioimpedance scan: body fat, lean mass, skeletal muscle and visceral fat
- A resting 12-lead EKG
- Spirometry, which measures how well your lungs move air
- Grip strength on both hands, with any difference between sides

Your comprehensive medical exam, with our physician assistant (PA-C)

An unhurried, head-to-toe medical evaluation that looks at your whole body, not just one complaint.

Start with a conversation	Your concerns, your goals, your history and your family’s health risks, with time to cover all of it
A complete physical exam	Head and neck, heart, lungs, abdomen, skin, nervous system, arms and legs

Your comprehensive medical exam, continued

A full-body screening ultrasound	Your heart, the carotid arteries in your neck, your aorta, abdominal organs, kidneys, bladder and thyroid Anything that needs a closer look is referred for formal imaging
Heart and circulation	Your cardiovascular risk, bringing together blood pressure, cholesterol (including advanced markers like ApoB and Lp(a) where available), your EKG and your family history
Metabolic health	Blood sugar regulation, liver health, body composition, blood pressure and weight trends
Lungs	Breathing symptoms, exposures and your spirometry results
Brain and nervous system	Memory and thinking, reflexes, strength, sensation, coordination, balance and walking
Muscles, joints and spine	Pain, swelling, range of motion, spine concerns and past injuries
Skin, mouth, thyroid and lymph nodes	A check for anything that needs attention
Sexual, reproductive and urinary health	Including menopause and hormone-related symptoms, when relevant
Cancer screening	Where you stand on colorectal, breast, cervical, prostate, lung and skin screening, based on your age, risk and family history
Vaccines	Routine, travel and age-related vaccines that are due
Lab testing	Which labs make sense for you, what your results mean, and when to repeat them
Medications and supplements	What to keep, what to adjust and what to stop, including interactions and duplicates
Specialists and imaging	Coordinating any referrals or further testing you need

Your clinical movement assessment, with our Doctor of Athletic Training (DAT)

A 60-minute session looking at how you actually move.

- Any current pain, stiffness or past injuries
- Joint mobility and range of motion
- How you squat, hinge, lunge, push, pull and walk
- Strength differences between your left and right sides
- Posture, balance and stability
- Injury risk and training load
- Corrective exercises for anything that's holding you back

04 What you leave with

Your Nomad portal

Everything we do, in one place on your phone. The Nomad portal ties together every result, report and plan from your membership, so you can see where you started, track how you're changing and keep it all on record.

- **All your results:** lab work, EKG, spirometry, body composition and your physical exam findings
- **Your trends over time:** watch your body composition and key markers change year to year
- **Your corrective exercise plan:** specific exercises from your clinical movement assessment for anything that's holding you back, plus next steps from your provider
- **Your care team:** secure messaging, appointments, reminders and next steps, including screenings coming due

05 Your year

Between physicals, your care team is here for whatever comes up.

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- **Quick replies:** call, text or message your care team and hear back quickly, with after-hours access for urgent questions
 - **Same-day visits:** when you're sick or something can't wait, with time to talk through what's going on, not just the one complaint
 - **Everyday care:** illness, minor injuries, chronic conditions, medication management and follow-up
 - **10% off:** additional services and testing during the year
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06 Want more? Upgrade to Longevity

LONGEVITY MEMBERSHIP

\$2,470 / year

Direct Primary Care gives you a strong baseline and a care team you can reach. The Longevity Membership adds a full day with our whole team and a roadmap for the years ahead.

- **Primary care** with our Medical Director Dr. Gezen all year
- **Your Longevity Comprehensive Physical:** one full day, one-on-one with our whole team
- **Your Longevity Roadmap:** every result brought into one 12-month plan with measurable targets
- **A clinical written nutrition plan** built around your training and body composition goals
- **Annual exercise programming** reviewed and progressed with you throughout the year
- **A Professional Medical Executive Summary** mailed to your home after your visit
- **15% off** additional services and testing during the year
- **Optional visits** every quarter to re-test VO2max, body composition and movement, and adjust your plan

07 What's included & pricing

Direct Primary Care

\$137 / month

YOUR CARE

- Direct access to your care team: quick replies, same-day visits and after-hours access
- Primary care visits and follow-up
- Nomad portal and secure messaging
- 10% off additional services

MOVEMENT

- Clinical movement assessment with our Doctor of Athletic Training (DAT)
- Corrective exercise plan

YOUR COMPREHENSIVE ANNUAL PHYSICAL

- Pre-visit history and goals review
- Annual physical exam with our physician assistant (PA-C)
- Full-body screening ultrasound
- Vitals, EKG, spirometry and grip strength
- Body-composition analysis

Ready to start?

Call us at [\(434\) 473-1277](tel:434-473-1277) and we'll talk it through. You can also reach us at healthy@nomaddlc.com or visit nomaddlc.com.

Lab work is billed separately. Nomad memberships are not insurance. Tests are chosen based on your clinical needs. Care for members outside Virginia depends on state licensing.



Creating health, not chasing sickness.SM

1942 Thomson Dr. (Upper Level), Lynchburg, VA 24501

(434) 473-1277 · healthy@nomaddlc.com

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