




The
Greenbrier
CONCIERGE MEDICINE[®]



WELCOME TO
CONCIERGE MEDICINE



Thank you for your interest in The Greenbrier Clinic Concierge Medicine Program. The Concierge Medicine program is a great way for you to make your health a priority by allowing The Greenbrier Clinic to put its expertise and experience to work in giving you a complete, personalized and confidential healthcare experience.

In this packet, you will learn more about the Concierge Medicine program, including the benefits of membership, what to expect from your experience, the specific services offered, the cost of the program and much more.

Our highly-qualified staff looks forward to getting to know you better and helping you manage all your healthcare needs. Should you have any further questions, please give us a call at your convenience.

What We Need From You

- Enrollment Form
- Medical History Form
- Medical Records Form
- Contact Form
- Lunch Form

Greenbrier Concierge Manager

Whatever your question or informational need, your Personal Concierge is here to help.

phone: 800-362-7798 ext. 271

e-mail: conciergemedicine@greenbrierclinic.com



WHAT'S INCLUDED

MEMBER AMENITIES

PANEL LIMITS

The Clinic agrees to limit the size of its panel of medical concierge patients per Designated Physician.

LOW PATIENT TO DOCTOR RATIOS

Greenbrier Concierge Medicine Physicians are limited to no more than four concierge patients per day.

ENHANCED TIME WITH YOUR PHYSICIAN

Ample time is available to discuss any health concerns and to review all test results.

CONVENIENCE

The convenience of next-day and same-day appointments..

COMMUNICATION ENHANCEMENTS

Concierge members are provided with an exclusive phone number for contacting the designated on-call Concierge Medicine Physician 24 hours a day, seven days a week, 365 days of the year.

ADMINISTRATIVE ASSISTANCE

The Greenbrier Clinic's administrative staff aids with securing all previous medical and diagnostic records prior to your first appointment and throughout your healthcare journey.

HEALTH INFORMATION

Members are provided with regular health information, including a quarterly newsletter, health articles and blog postings.

SPECIAL EVENTS

Exclusive special health events are offered on a monthly basis, including healthy cooking demonstrations, health and wellness lectures, fitness outings, fire-side chats with physicians and more.

COMPREHENSIVE FITNESS ASSESSMENT

An annual strength and cardiovascular fitness assessment conducted by The Greenbrier Clinic's resident Fitness Expert provides guidance on an optimum plan to maintain fitness.

ACTIVE ADULTS

A weekly group fitness session caters to the attending member's strength and conditioning needs. This minimal equipment training method has a foundational premise of injury prevention and is centered around assisting with increased mobility and strength and cardio respiratory fitness. Classes are held weekly at The Greenbrier Tennis and Fitness Center.

WHAT TO EXPECT

As a new member, we'll arrange for two appointments to evaluate, test and discuss the results of all diagnostic evaluations.

THE FIRST APPOINTMENT CONSISTS OF THE FOLLOWING:

PHYSICIAN VISIT

This visit is designed to review your medical history, assess your present concerns and order the appropriate diagnostic testing.

DIAGNOSTIC TESTING

Appropriate diagnostic testing will be arranged following your visit with the physician. The majority of your testing will be completed by early afternoon the same day.

COMPREHENSIVE FITNESS ASSESSMENT

An evaluation based upon the five components of fitness: body composition score, cardio-respiratory fitness, flexibility and muscle strength and endurance. Assessing all five components of fitness provides true, tangible, objective data that can be used to decrease health risks and increase quality of life by prescribing appropriate physical activity for patients.

THE SECOND APPOINTMENT CONSISTS OF THE FOLLOWING:

PHYSICIAN VISIT AND RECOMMENDATIONS

Physician visits and recommendations: This visit is intended to review the results of your examination and diagnostic evaluations. Ample opportunity is provided for questions and to review follow-up recommendations. Following your visit, a complete written report with all of your test results will be mailed to you. A review of your personal health goals is included in this visit and detailed in your written report.

UNLIMITED OFFICE VISITS

Same-day or next-day availability is provided to Concierge Medicine members' acute healthcare needs. In case of an emergency, please call The Greenbrier Clinic or go to the nearest emergency room.



IMAGING SERVICES

Membership with Greenbrier Concierge Medicine allows you access to the latest in technology to aid in detecting health issues while assuring maximum comfort and safety, including:

BONE DENSITY SCAN

Our GE Lunar Prodigy DEXA scanner is one of our most used diagnostic units, giving referring physician's valuable information regarding bone density and the possible need for osteoporosis treatment.

COMPUTERIZED TOMOGRAPHY

Our 128-slice CT scanner is GE Healthcare's leading CT imaging technology, which creates a multidimensional view of the inside of the body. This technology is designed to acquire high quality images in seconds, using lower doses of radiation.

CORONARY CALCIUM SCORING

Our 128-slice CT scanner, GE Healthcare's leading CT imaging technology, is used to obtain the CT data to calculate the risk of developing coronary artery disease (CAD).

GENERAL RADIOGRAPHY

We use the latest film-screen x-ray combination to optimize image quality, while minimizing radiation exposure. This allows a look deep inside the body that can accurately assess conditions that may require further attention or confirm good health.

MAMMOGRAPHY

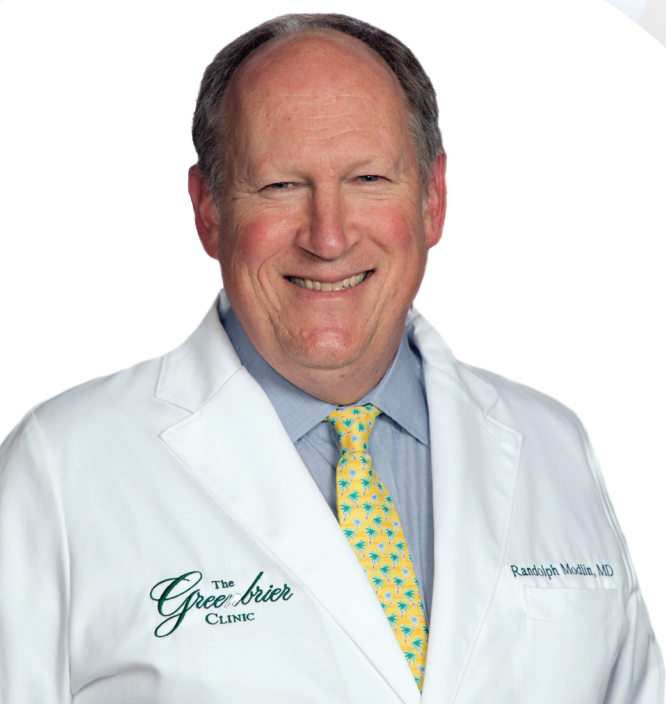
We perform 3D mammography, one of the latest technological innovations in women's healthcare. 3D mammography images the breasts in slices, in order to see all around and between the breast's tissues. This 3D technology improves accuracy and can help detect breast cancer earlier, and therefore allow treatment sooner.

NUCLEAR CARDIAC IMAGING

Our nuclear medicine cardiac stress test obtains images of the heart while at rest and after stress. This helps assess the blood supply to the heart to diagnose and determine the severity of a variety of diseases, including coronary artery disease.

ULTRASOUND

We have two GE Logiq E9 ultrasound systems that offer leading technology. These ultrasound systems provide a view of the liver, gallbladder, kidney, heart, blood vessels and other organs. Excellent technology, combined with the advantage of two available scanners, means increased diagnostic confidence and readily available appointment times.



AMBULATORY SURGERY CENTER

Awarded Accreditation by

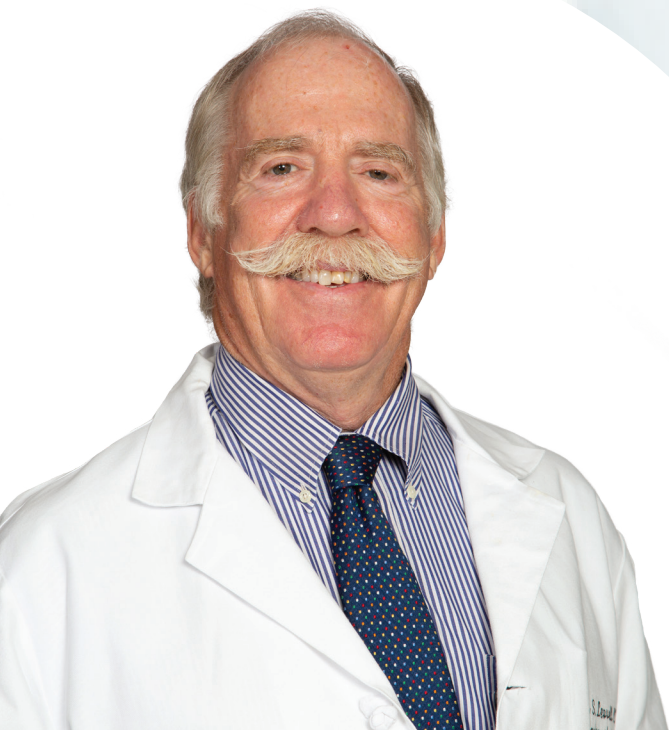


ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

Our convenient Ambulatory Surgery Center (ASC) offers members of Greenbrier Concierge Medicine the convenience of outpatient procedures in our intimate environment.

The Greenbrier Clinic's ASC offers members cost-effective gastroenterology procedures by one of two Board Certified Gastroenterologists. The services include screening colonoscopies and upper endoscopies.

When needed, you'll have your procedure in one of our two fully equipped operating rooms and recover in a four-bay suite under the care of highly-skilled, caring registered nurses. Our ASC is certified by Medicare, and recently was awarded the AAAHC accreditation, ensuring patients have a superior experience.





FITNESS ASSESSMENT

Greenbrier Concierge Medicine understands the need to manage and maintain a healthy lifestyle. This includes fitness, and we'll work with you to start a new exercise program. Your fitness assessment includes a five-component fitness evaluation used to measure the following:

- 1 **BODY COMPOSITION**
(BMI, BF% & GIRTH MEASUREMENTS)
- 2 **CARDIO RESPIRATORY FITNESS (CRF)**
- 3 **MUSCLE STRENGTH**
- 4 **MUSCLE ENDURANCE**
- 5 **FLEXIBILITY**

- Evaluate current health and fitness status relative to the standard norms
- Provide helpful data to develop physical exercise plans
- Collect baseline and follow-up data that allows evaluation of progress over time
- Motivate to establish reasonable health and fitness goals

**A fitness assessment is a standard service in The Greenbrier Concierge Medicine program.*

The
Greenbrier
CLINIC

COST AND BILLING

Greenbrier Concierge Medicine offers a range of benefits designed to enhance the primary care experience.

The cost for an individual is \$183.33 per month. Discounts are available for couples and for members who pay the annual fee upfront. Services deemed medically necessary are billed to insurance. Reimbursements will vary based upon an individual's plan.

The Greenbrier Clinic and Ambulatory Surgery Center accept most private insurance payers and Medicare.

GREENBRIER CONCIERGE MANAGER

If you have any questions or need more information,
your Personal Concierge is here to help.

phone: (800) 362-7798 ext. 271

e-mail: conciergemedicine@greenbrierclinic.com



LABORATORY SERVICES

Utilizing highly accurate, modern instrumentation to identify the cause of your symptoms or make sure the medication you are taking is working as it should through blood tests, urine tests, and other type of lab work. The Greenbrier Clinic operates a fully accredited laboratory performing 98% of all procedures on the premises. This will ensure that your laboratory testing and results are back to your physician in adequate time.

The Greenbrier Clinic Laboratory has received for multiple years the COLA Laboratory Excellence award, which is the highest commendation awarded by COLA. The laboratory is noted for outstanding performance in quality patient testing and overall exemplary application of the principles of laboratory practices.



ABOUT THE GREENBRIER CLINIC

Thousands of people worldwide come to The Greenbrier Clinic for state-of-the-art healthcare every year. For most, the primary goal is to prevent and address health issues. Regardless of the reason for coming, everyone leaves staying ahead of their health, feeling better and living better.

A wide range of all-inclusive medical services is provided by a caring 80-member staff ready to walk you through every step of the healthcare process. Services, such as laboratory testing, state-of-the-art imaging, or gastroenterology services are all conveniently provided under one roof.

We emphasize the importance of preventative medicine and offer lifestyle management consultations including fitness and nutrition.

Above all, The Greenbrier Clinic delivers the highest quality diagnostic health care. Our state-of-the-art diagnostic equipment assures maximum comfort and safety for our patients, as well as, accurate, early detection of medical problems. A personal relationship between doctors and patients is encouraged, which fosters trust and enhances patients' understanding of their health – not to mention, provides personalized attention that truly sets the experience apart from other clinics.





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 TheGreenbrierClinic | [GreenbrierClinic.com](https://www.GreenbrierClinic.com)

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