

# Your Full Suite of Membership Benefits and Perks

As an Avenu Health **SELECT** member, you receive the following medical services covered within your monthly membership fee at no additional cost to you each year:

In-Person Visits	1 provider <sup>1</sup> visit per year	» Initial Comprehensive Wellness Visit
Health Coaching	As indicated in treatment plan developed by your provider	» Nutrition » Behavioral Health » Exercise
Virtual Access	As indicated	» Unlimited text, phone and video interactions available 24/7 » Virtual visits available between 7 a.m. and 9 p.m. daily
X-ray Imaging	Discounted rates	» All basic x-rays <sup>2</sup> except for mammograms and DEXA bone scans
Lab Tests	Discounted rates	» Glucose » Hemoglobin A1c » PT/INR » Urinalysis » Urine pregnancy test » Cervical wet prep » Rapid influenza » Rapid strep » Basic metabolic panel » Comprehensive metabolic panel » Lipid panel » CBC with diff » TSH w/ reflex T4 » C-reactive protein » Urine microalbumin » Urine culture » Fecal occult blood test
Routine Vaccinations	As indicated	» Tetanus » Influenza » Tdap
In-office Treatments & Procedures	Discounted rates	» Incision and drainage » Simple wound cleaning and repair, including basic suturing » Callus shaving/removal » Skin tag or skin lesion removal (not including biopsy) » Nail avulsion/removal » Cryotherapy/freezing of lesions » Closed fracture stabilization with basic casting (not including DME splints) » Ear lavage » Anoscopy » Straight catheterization of bladder » Fluorescein eye exam » Sphenopalatine ganglion block » Hearing screening » Nebulizer breathing treatments » EKG » Pulmonary function testing » IV infusions for dehydration

<sup>1</sup>Healthcare providers include physicians, physician assistants and nurse practitioners.

<sup>2</sup>List of basic x-rays available upon request. Basic x-rays do not include MRI or CT, for instance.

# Additional Perks

The following services are available to you at reduced and transparent pricing.

Provider Visit (in excess of 1 per year)	\$49 per visit
Basic X-rays (Discounted rates)	Varies by type of image and number of views (cost available at time of service)
Laboratory Service (Discounted rates)	Varies by lab type and lab provider (cost available at time of service)
In-Office Treatments/Procedures (Discounted rates)	Case-by-case (costs available upon request)

## Prescription & Over-The-Counter Medications:

Avenu Health has an in-office pharmacy that can fill common prescriptions and over-the-counter medications at member rates. You may also choose to fill your prescriptions at the pharmacy of your choice; however, your membership fee does not cover the cost of prescriptions or over-the-counter medications at any pharmacy or third-party. Avenu Health will not reimburse you for those costs.

## Items for Purchase in Office:

Avenu Health will offer various retail items, which are available for you to purchase. We also maintain an online store where items may be purchased and shipped to your home. Those prices will be provided at point of sale and can be found at [store.mission-health.org](https://store.mission-health.org).

## Additional Healthcare Items & Services:

One of the benefits of your membership is having access to a health coach in behavioral health, exercise and nutrition. And when your healthcare needs extend beyond Avenu Health, we will connect you with other local specialized providers. In some cases, we may also be able to extend to you negotiated rates that Avenu Health has in place with other healthcare providers for your benefit.