



You in Control of Your Health

Virtual Primary Care for Everyone

Powered by:



24/7 Acute Care Access

24/7 access to board-certified doctors for treatment of common medical concerns with ongoing communication with your doctor. A Virtual Primary Care Physician chosen by you for ongoing care coordination, Behavioral Therapy access, Labs, RX discounts and more.



Product Highlights



Coordinated

If needed, urgent care can seamlessly transition to virtual primary care to improve patient health and preempt future issues.



Convenient

Patients can see a board-certified physician wherever they are, whenever they need it.



Personalized

Patients receive treatment plans based on their unique needs and can ask follow-up questions to their doctors after the visit, free of charge.



Virtual Primary Care Physician



Lab Testing Options



Electronic Prescription Ordering



Behavioral Health



Health Risk Assessments



24/7 Access

Limited time services & pricing 2024



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11
Minutes

Did you know?

The average wait time for an urgent care consult is only 11 minutes.

Product Details

24/7 Access

For urgent care needs like illnesses, physicians are available whenever our patients need them, day or night.

Electronic Prescription Ordering

Prescriptions are immediately sent to the patient's preferred pharmacy for easy pickup.

Consult Transcription

Consults can be recorded and transcribed, allowing patients continuous access to information.

Multi-Channel Options

Live video, phone, and messaging options let each patient receive care the way they like.

Virtual Primary Care

Choose your own Virtual Primary Care doctor & schedule appts as needed. Health risk assessments, lab tests, electronic medical record access and chronic condition management give patients the care they desire.

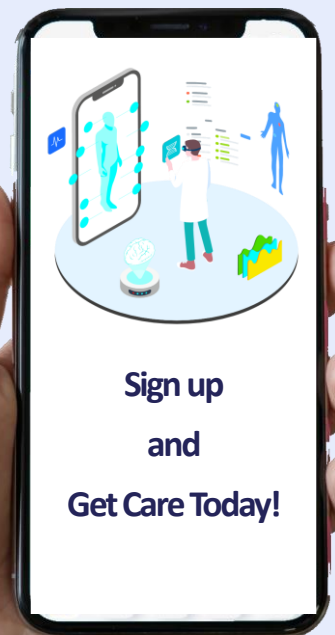
Behavioral Health Support

First three visits included in monthly fee, then a \$75 if patients' desire more visits.

Platform Integration

One Point of Access

- Simple sign up
- Individual or Group sign up and management
- No App download required
- Access through mobile or web browser
- Simplified telehealth platform access
- And More



Limited time services & pricing 2024

Virtual Primary Care

Commonly Treated Conditions

WHITEPAPER

Commonly Treated Conditions

Primary Care

Clinical Services Provided by



 **CareValet**



Treated Conditions

Note: This is not an exhaustive list, only a sample of conditions treated.

Women's Health

Primary Care, also known as virtual primary care (VPC) is vital for women's health, addressing conditions like birth control and vaginitis related consultations. It offers advice on managing menopausal symptoms and provides support through virtual consultations. VPC addresses menstrual health, allowing 1:1 discussions with a dedicated primary care physician regarding recommendations, and personalized treatment plans.

- Vaginitis
- Birth Control
- Menopause
- Hormonal Acne
- Menstruation
- PCOS

Chronic Conditions

VPC is instrumental in managing chronic conditions such as hypertension, diabetes, hypothyroidism, and prescription management. Through virtual consultations, healthcare providers monitor symptoms, offer individualized guidance, and adjust medications as needed based on progress. VPC ensures consistent support, contributing to effective chronic care mgmt. and overall well-being.

- Hypertension
- COPD
- High Cholesterol
- Pre-Diabetes/Diabetes
- Hypothyroidism
- Prescription Mgmt

Dermatology & Skin Care

VPC addresses dermatological conditions like acne and hives through accessible consults in less than 48hrs. Providers offer personalized care recommendations, prescribe medications, and provide guidance on lifestyle factors. VPC serves as a convenient initial point of contact for timely interventions, allowing for regular check-ins & medication adherence.

- Acne
- Hives
- Cellulitis
- Cold Sores
- Rosacea
- Eczema/Dermatitis

Behavioral Health

VPC physicians coordinate referrals and coordinated care to help treat common behavioral health conditions. Healthcare providers offer assessments, therapeutic interventions, and personalized treatment plans to manage symptoms effectively. VPC serves as the initial point of contact for behavioral health needs, providing confidential and ongoing support whole person care.

- Anxiety
- OCD
- ADHD
- Depression
- Marital Counseling
- Mood Disorders



Prescription Medication

hassle-free prescriptions save time and unnecessary travel. Medication is automatically sent to each member's preferred local pharmacy for easy convenience. Primary care patients can discuss usage, prescriptions questions, and receive guidance for dosage adjustments through their dedicated doctor. VPC emphasizes medication adherence, providing ongoing support and addressing barriers to ensure individuals can conveniently access and adhere to their prescribed treatments.

- RX Management
- Medication Refills
- Home Delivery
- Prescribed Inhalers
- Ongoing Medication
- Medication Adherence



Other Common Conditions

Primary Care effectively treats common medical conditions, offering virtual consultations for respiratory infections, arthritis, chronic sinusitis, cold/flu, asthma, as well as urinary tract infections. Rapid appointment availability and a national network of virtual physicians improve access to patients who live in rural areas. Members receive access to an extensive and diverse physician network throughout all 50 states for timely and convenient healthcare interventions.

- Cold/Flu
- Asthma
- Arthritis
- Respiratory Infections
- Acute/Chronic Sinusitis
- Urinary Tract Infections



Health Risk Monitoring

Using the comprehensive solution ensures that each patient's health assessment is addressed during their virtual visit in order to identify potential risk factors and seek treatment early.



No-Wait Referrals

Using the convenience of our mobile app and online member portal, patients can communicate directly with a primary physician to setup a specialist referral in less than 48hrs.



Testing & Diagnostics

Health plan members receive seamless at-home screening labs and diagnostics testing delivered directly to the patient's home with detailed instructions and a prepaid return label.



Education & Coordinated Care

VPC provides its patients with regular materials around their care. Our goal is to educate our members how to better manage their health, and coordinate care through their dedicated physician.

Primary Care

"The service was extremely easy and convenient to use. To help the provider, I took pictures and provided the important health history. Within minutes, I received a callback, confirmation of diagnosis, and prescription. Without this service, I would have needed to delay treatment for several days until I had a day off from work. The wait was short, they listened to me and there was an immediate resolution. I will continue to use them."

Patient | Montgomery, AL

Women's Health

Treatment Coverage

Note: This is not an exhaustive list, only a sample of conditions treated.

Vaginitis

Vaginitis, characterized by inflammation of the vaginal tissues, is a common condition affecting women of all ages. Virtual primary care provides a discreet and accessible avenue for women to consult healthcare professionals about their symptoms. Through secure video consultations and digital communication, healthcare providers can offer timely diagnosis, prescribe medications, and provide guidance on self-care practices.

Birth Control

Virtual primary care has revolutionized access to birth control methods. Through online consultations, women can discuss their reproductive health goals, receive personalized advice on contraceptive options, and obtain prescriptions without the need for in-person visits. This convenient approach enhances accessibility and empowers women to make informed decisions about their family planning.

Menopause

Navigating the challenges of menopause can be daunting, but virtual primary care offers a supportive environment for women going through this transitional phase. Telehealth platforms enable women to connect with healthcare providers who specialize in menopausal care. From managing symptoms to discussing hormone replacement therapy, virtual consultations provide a personalized and comfortable space for addressing the unique needs of menopausal women.

Convenience & Accessibility

Members can access healthcare services from the comfort of their homes, eliminating the need for travel and reducing time constraints. Our Primary Care ensures 24/7 availability, allowing members to receive timely medical assistance without scheduling hassles.

Hormonal Acne

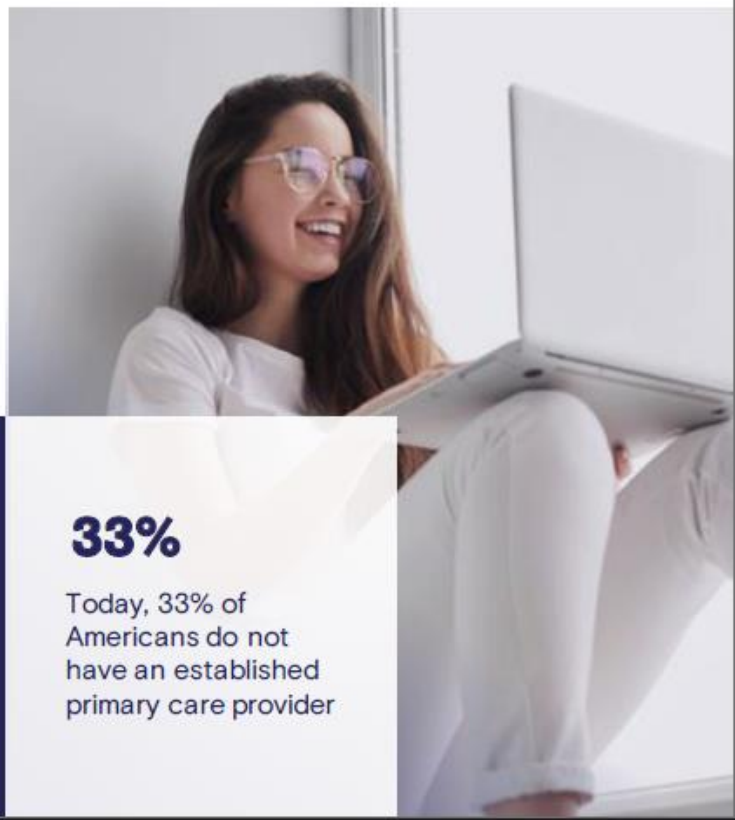
Hormonal acne in women is primarily caused by fluctuations in hormone levels, particularly increased androgen production. These hormonal shifts lead to excess oil production, clogged pores, and acne breakouts. VPC addresses this by offering remote consultations to assess imbalances, provide personalized treatment plans, prescribe medications, and facilitate regular follow-ups for effective acne management, improving accessibility and outcomes.

Menstruation

Virtual primary care recognizes the importance of menstrual health and addresses concerns related to irregular periods, heavy bleeding, and menstrual pain. Women can consult healthcare professionals online, receive guidance on managing menstrual symptoms, and explore treatment options. This approach ensures that women's menstrual health is given the attention it deserves, promoting overall well-being.

PCOS

Polycystic ovary syndrome (PCOS) is caused by hormonal imbalances, particularly elevated levels of androgens, insulin resistance, and genetic factors. Virtual care facilitates convenient access to PCOS diagnosis, prescription of medications to regulate hormones or manage symptoms, and ongoing monitoring for effective management of this common reproductive health condition.



33%

Today, 33% of Americans do not have an established primary care provider

Chronic Conditions

Treatment Coverage

Note: This is not an exhaustive list, only a sample of conditions treated.

Hypertension

Hypertension, or high blood pressure, is a prevalent chronic condition that requires ongoing monitoring and management. Virtual primary care allows individuals to measure their blood pressure at home using digital devices and share the data with healthcare providers during virtual consultations. This enables timely adjustments to medication, lifestyle recommendations, and continuous support for better blood pressure control.

COPD

COPD is a progressive lung disease that can significantly impact a person's respiratory function. Virtual primary care extends specialized support to COPD patients through remote monitoring of symptoms, pulmonary function assessments, and personalized care plans. This approach enhances the management of COPD, allowing individuals to receive timely interventions and education without the need for frequent in-person visits.

High Cholesterol

High cholesterol results from poor diet, lack of exercise, and genetic factors, leading to elevated LDL (low-density lipoprotein) cholesterol. Recuro Primary Care addresses this through remote consultations, assessing risk factors, providing lifestyle recommendations, prescribing medications, and facilitating ongoing monitoring. This approach offers convenient access to personalized cholesterol management, promoting better prevention of cardiovascular risks. Schedule a Health Risk Assessment today!

Pre-Diabetes and Diabetes

Effective management of diabetes involves regular monitoring of blood glucose levels, medication adjustments, and lifestyle modifications. Virtual primary care empowers individuals with diabetes to track their glucose levels at home and consult healthcare providers through virtual channels. This facilitates personalized diabetes management plans, leading to better glycemic control and improved quality of life.

Hypothyroidism

Patients with hypothyroidism often require ongoing medication adjustments and monitoring of thyroid hormone levels. Virtual primary care facilitates remote thyroid function tests, medication reviews, and consultations with endocrinologists. This ensures that individuals with hypothyroidism receive timely and personalized care, optimizing their thyroid hormone levels for improved overall health.

Other Chronic Diseases

Beyond the mentioned chronic conditions, virtual primary care is a versatile solution for managing a spectrum of chronic diseases. Whether it's rheumatoid arthritis, cardiovascular diseases, or autoimmune disorders, remote consultations enable individuals to connect with specialists, receive continuous care, and access resources for self-management.



Primary Care Cost Savings

VPC can lead to cost savings for members by minimizing expenses associated with transportation, parking, and potential time off work. Preventive care through virtual consultations may contribute to early intervention, reducing the likelihood of costly medical treatments.

47%

According to the CDC, 47% of American adults have high blood pressure (hypertension)

Dermatology & Skin Care

Treatment Coverage

Note: This is not an exhaustive list, only a sample of conditions treated.

Acne

Acne, a common skin condition affecting people of all ages, can be effectively managed through virtual primary care. Dermatologists can assess the severity of acne through virtual consultations, recommend topical treatments or oral medications, and provide guidance on skincare routines. Virtual care eliminates the need for in-person visits, making acne management more convenient and accessible.

Hives

Hives, or urticaria, are characterized by itchy welts on the skin and can be triggered by various factors. Through virtual consultations, individuals experiencing hives can connect with dermatologists who can identify potential causes, recommend antihistamines, and guide them on lifestyle changes to manage and prevent future outbreaks. The timely intervention provided by virtual care enhances the overall quality of life for those dealing with hives.

Cellulitis

Cellulitis, a bacterial skin infection, requires prompt diagnosis and treatment. Virtual primary care enables individuals to consult dermatologists remotely, providing a quick assessment of symptoms, prescribing antibiotics when necessary, and offering guidance on wound care. This ensures that cellulitis is addressed promptly, preventing complications and reducing the need for emergency room visits.

Improved Health Outcomes

Members can receive prompt care, addressing health concerns in their early stages through virtual consultations, potentially leading to better health outcomes. Continuous monitoring and follow-ups in a virtual setting can enhance overall health management.

Cold Sores

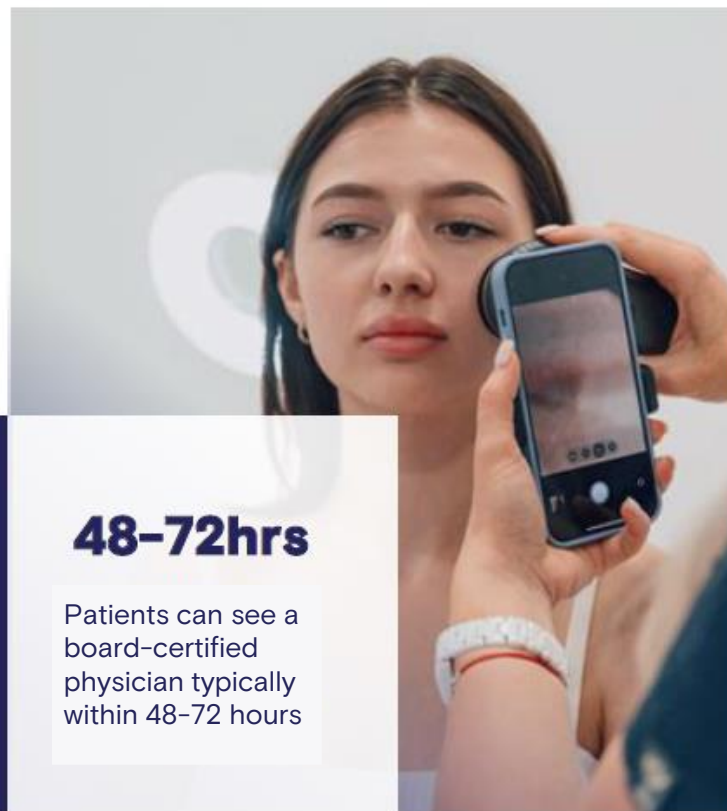
Cold sores are primarily caused by the herpes simplex virus (HSV), with outbreaks triggered by factors like stress, fatigue, or a weakened immune system. Recuro primary care can help by offering remote consultations where healthcare professionals diagnose and discuss treatment options. They may prescribe antiviral medications to manage symptoms, provide guidance on preventive measures, and facilitate ongoing support for individuals dealing with cold sores.

Rosacea

Rosacea, also known as rosacea flare-ups, are caused by the dilation of blood vessels in the face, leading to redness, swelling, and a burning sensation. Recuro Primary Care can help by offering remote consults where healthcare professionals assess the severity of rosacea, provide personalized treatment plans, and prescribe medications, such as topical creams or oral antibiotics, to manage symptoms.

Eczema/Dermatitis

Dermatitis, inflammation of the skin, can have various causes, including allergies and irritants. Through virtual primary care, individuals can seek guidance from dermatologists to identify triggers, receive recommendations for hypoallergenic skincare products, and explore treatment options. Virtual care ensures that individuals with dermatitis can manage their condition effectively, leading to improved skin health.



48-72hrs

Patients can see a board-certified physician typically within 48-72 hours

Behavioral Health

Treatment Coverage

Note: This is not an exhaustive list, only a sample of conditions treated.

Anxiety

Anxiety disorders affect millions of people globally, and virtual primary care is proving to be a valuable resource in managing this condition. Through secure online platforms, individuals can connect with mental health professionals, discuss their symptoms, and receive evidence-based interventions such as cognitive-behavioral therapy (CBT) or medication management. Virtual care offers a convenient and stigma-free environment for addressing anxiety-related concerns.

OCD (Obsessive-Compulsive Disorder)

OCD, characterized by intrusive thoughts and repetitive behaviors, can be effectively addressed through virtual primary care. Mental health professionals can conduct virtual assessments, develop personalized treatment plans, and guide individuals through exposure and response prevention therapy. The accessibility of virtual care ensures that individuals with OCD can receive timely support without geographical constraints.

ADHD

Managing ADHD involves ongoing support and tailored interventions. Virtual primary care allows individuals with ADHD to connect with mental health professionals, discuss symptoms, and receive guidance on behavioral strategies and medication management. This approach accommodates the unique needs of individuals with ADHD, fostering a collaborative and individualized care experience.

Increased Engagement and Education

VPC provides an interactive platform for members to actively engage with healthcare professionals, fostering better communication. Educational resources and guidance offered during virtual consultations contribute to members' understanding of their health conditions and preventive measures.

Depression

Depression is a prevalent mental health condition, and virtual primary care is playing a pivotal role in expanding access to treatment. Virtual consultations provide a platform for individuals to discuss their emotions, receive therapeutic interventions, and explore medication options if needed. Virtual care facilitates early intervention, reducing the impact of depression on individuals' daily lives.

Marital Counseling

Relationship challenges can significantly impact mental well-being, and virtual primary care extends its reach to marital counseling. Couples can engage in virtual sessions with therapists, addressing communication issues, conflict resolution, and fostering a healthier relationship. The convenience of virtual sessions allows couples to prioritize their relationship without the logistical challenges of in-person appointments.

Mood Disorders

Various mood disorders, such as bipolar disorder or cyclothymic disorder, require ongoing monitoring and support. Virtual primary care enables individuals to connect with mental health professionals for regular check-ins, medication management, and crisis intervention when needed. This approach promotes continuity of care and empowers individuals to actively participate in managing their mood disorders.



57.8M

It is estimated that more than 1 in 5 U.S. adults live with a mental illness, and are in need of support

Prescription Medication

Treatment Coverage

Note: This is not an exhaustive list, only a sample of conditions treated.

Medication Management

Virtual primary care offers a comprehensive solution to medication management. Patients can engage in remote consultations with healthcare providers who can assess their medication regimens, address concerns, and make necessary adjustments. This ensures that individuals receive personalized and up-to-date guidance on their medications, optimizing treatment plans for better health outcomes.

Prescription Refills

The hassle of running out of prescription medications is a common concern. Virtual primary care simplifies the process of prescription refills by allowing individuals to request refills through online platforms. Healthcare providers can review requests, assess the appropriateness of ongoing medications, and authorize refills, ensuring that patients have continuous access to their prescribed medications.

Home Delivery

Virtual primary care embraces the convenience of home delivery for prescription medications. Following virtual consultations, healthcare providers can electronically send prescriptions to pharmacies that offer delivery services. This eliminates the need for individuals to visit pharmacies in person, particularly beneficial for those with mobility issues, busy schedules, or during times when in-person visits are challenging.

Enhanced Continuity of Care

Members experience consistent and coordinated care as virtual primary care integrates seamlessly with in-person visits when necessary. Electronic health records and virtual platforms support the sharing of medical information, ensuring a comprehensive approach to healthcare.

Prescribed Inhalers

Individuals requiring inhalers for respiratory conditions, such as asthma or COPD, can benefit from virtual primary care. Healthcare providers can assess symptoms, review inhaler techniques during virtual consultations, and prescribe or adjust inhalers as needed. This proactive approach ensures that individuals have access to appropriate inhaler medications and receive guidance on proper usage.

Chronic Care Meds

Managing chronic conditions often involves a complex medication regimen. Virtual primary care facilitates regular check-ins, allowing healthcare providers to assess the effectiveness of chronic care medications, monitor for potential side effects, and make adjustments as necessary. This ongoing support enhances the overall management of chronic conditions, promoting better health outcomes.

Medication Adherence

Ensuring medication adherence is a crucial aspect of effective healthcare. Virtual primary care engages individuals in discussions about medication adherence during remote consultations. Healthcare providers can address barriers to adherence, provide education on the importance of consistent medication use, and explore solutions to enhance adherence, contributing to the success of treatment plans.



30%

30% of all rural hospitals are on the brink of closure in rural areas, leaving patients without care

Common Conditions

Treatment Coverage

Note: This is not an exhaustive list, only a sample of conditions treated.

Respiratory Infections

Respiratory infections, such as bronchitis or pneumonia, can be effectively addressed through virtual primary care. Individuals experiencing symptoms can connect with healthcare providers through virtual consultations, enabling timely assessment and guidance. Virtual care offers a streamlined process for diagnosing respiratory infections, recommending appropriate treatments, and monitoring recovery without the need for in-person visits.

Arthritis

Arthritis, can cause joint pain and stiffness – affecting lifestyle, mental health, and mobility. Virtual primary care facilitates remote consultations where individuals can discuss symptoms, receive joint assessments, and explore personalized strategies for managing osteoarthritis. Through virtual care, individuals can access ongoing support, exercise recommendations, and medication management to improve joint health.

Chronic Sinusitis

Chronic sinusitis, characterized by persistent sinus inflammation, can be effectively managed through virtual primary care. Individuals can consult with healthcare providers to discuss symptoms, receive guidance on home remedies, and explore treatment options. Virtual care ensures continuous monitoring of chronic sinusitis, enabling adjustments to treatment plans as needed for optimal symptom relief.

Reduced Wait Times

Virtual consults often result in shorter wait times, allowing members to receive timely advice, prescriptions, or referrals, contributing to a more efficient healthcare experience. Immediate access to healthcare professionals can be crucial for addressing acute health concerns promptly.

Urinary Tract Infections

Urinary tract infections (UTIs) are typically caused by bacteria, most commonly *Escherichia coli* (E. coli), entering the urethra and spreading to the bladder. VPC can help by offering remote care access where healthcare professionals assess symptoms and prescribe antibiotics to address the bacterial infection. Virtual care ensures convenient access to prompt diagnosis, tailored interventions, and ongoing support to stop the infection before it becomes serious.

Cold/Flu

The common cold and flu often lead individuals to seek healthcare guidance. Virtual primary care allows for remote consultations where symptoms can be assessed, and appropriate recommendations for rest, hydration, and over-the-counter medications can be provided. Virtual care minimizes the spread of contagious illnesses by eliminating the need for individuals to visit healthcare facilities in person.

Asthma

Asthma management is crucial for individuals with respiratory conditions. Virtual primary care enables regular check-ins, inhaler technique assessments, and adjustments to asthma treatment plans. Through virtual consultations, individuals can receive education on triggers, symptom management, and emergency response plans, ensuring optimal asthma control and improved quality of life.



Multilingual

Our virtual care solutions are built with diversity in mind, including multiple language options