

# Your Full Suite of Membership Benefits and Perks

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

In-Person Visits	40 provider <sup>1</sup> visits per year	<ul style="list-style-type: none"> <li>» Scheduled and walk-in visits</li> <li>» Annual physical and wellness visits</li> <li>» Acute medical, sick visits</li> <li>» Chronic disease management visits</li> <li>» Routine follow-up medical visits</li> </ul>
Health Coaching	As indicated in treatment plan developed by your provider	<ul style="list-style-type: none"> <li>» Nutrition</li> <li>» Behavioral Health</li> <li>» Exercise</li> </ul>
Virtual Access	As indicated	<ul style="list-style-type: none"> <li>» Text, phone and video interactions available 24/7</li> <li>» Virtual visits available between 7 a.m. and 9 p.m. daily</li> </ul>
X-ray Imaging	Up to 5 per year	<ul style="list-style-type: none"> <li>» All basic x-rays<sup>2</sup> except for mammograms and DEXA bone scans</li> </ul>
Lab Tests	Up to 15 per year	<ul style="list-style-type: none"> <li>» Glucose</li> <li>» Hemoglobin A1c</li> <li>» PT/INR</li> <li>» Urinalysis</li> <li>» Urine pregnancy test</li> <li>» Cervical wet prep</li> <li>» Rapid influenza</li> <li>» Rapid strep</li> <li>» Basic metabolic panel</li> <li>» Comprehensive metabolic panel</li> <li>» Lipid panel</li> <li>» CBC with diff</li> <li>» TSH w/ reflex T4</li> <li>» C-reactive protein</li> <li>» Urine microalbumin</li> <li>» Urine culture</li> <li>» Fecal occult blood test</li> </ul>
Routine Vaccinations	As indicated	<ul style="list-style-type: none"> <li>» Tetanus</li> <li>» Influenza</li> <li>» Tdap</li> </ul>
In-office Treatments & Procedures	Up to 5 per year	<ul style="list-style-type: none"> <li>» Incision and drainage</li> <li>» Simple wound cleaning and repair, including basic suturing</li> <li>» Callus shaving/removal</li> <li>» Skin tag or skin lesion removal (not including biopsy)</li> <li>» Nail avulsion/removal</li> <li>» Cryotherapy/freezing of lesions</li> <li>» Closed fracture stabilization with basic casting (not including DME splints)</li> <li>» Ear lavage</li> <li>» Anoscopy</li> <li>» Straight catheterization of bladder</li> <li>» Fluorescein eye exam</li> <li>» Sphenopalatine ganglion block</li> <li>» Hearing screening</li> <li>» Nebulizer breathing treatments</li> <li>» EKG</li> <li>» Pulmonary function testing</li> <li>» IV infusions for dehydration</li> </ul>

<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 Membership Benefits

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

<p>In-office Treatments &amp; Procedures</p>	<p>Up to 5 per year</p>	<ul style="list-style-type: none"> <li>» Incision and drainage</li> <li>» Simple wound cleaning and repair, including basic suturing</li> <li>» Callus shaving/removal</li> <li>» Skin tag or skin lesion removal (not including biopsy)</li> <li>» Nail avulsion/removal</li> <li>» Cryotherapy/freezing of lesions</li> <li>» Closed fracture stabilization with basic casting (not including DME splints)</li> <li>» Ear lavage</li> <li>» Anoscopy</li> <li>» Straight catheterization of bladder</li> <li>» Fluorescein eye exam</li> <li>» Sphenopalatine ganglion block</li> <li>» Hearing screening</li> <li>» Nebulizer breathing treatments</li> <li>» EKG</li> <li>» Pulmonary function testing</li> <li>» IV infusions for dehydration</li> </ul>
<p>Routine Vaccinations</p>	<p>As indicated</p>	<ul style="list-style-type: none"> <li>» Tetanus</li> <li>» Influenza</li> <li>» Tdap</li> </ul>

# Additional Perks

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

Provider Visit (in excess of 40 per year)	\$100 per visit
Basic X-rays (in excess of 5 per year)	Varies by type of image and number of views (cost available at time of service)
Laboratory Service (in excess of 15 per year)	Varies by lab type and lab provider (cost available at time of service)
In-Office Treatments/Procedures (in excess of 5 per year)	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.

## Convenient Parking:

As a member, we have also reserved complimentary parking at our downtown location for your convenience. Please park in the spaces labeled **AH** when visiting our office.

