



## Health & Wellness Services

### **Direct Integrative Primary Care Membership Plans:**

#### **Simple Health Primary Care**

Monthly: \$68 for adults

Plan includes 1 annual physical exam and 1 follow-up exam (2 total hours of primary care). Plan also includes up to 2 hours of acute care with the doctor if needed. Does not include any discounts on services, supplements, or events.

#### **Total Health Primary Care**

Monthly: \$98

Annual: \$1,176

Plan includes up to 6 hours of care with the doctor (office visit, acute care, and discounted osteopathic manipulation treatments). There are also discounts on all services, supplements from our [online](#) dispensary, and DaySpring events.

#### **Total Health Family Plan**

(Includes kids up to age 22)

Annual: \$2,700

Monthly: \$225

#### **Please note:**

*Married couples have their individual single plans, not a family plan. Children under 22 years old must have an adult on their plan with them and this would be done as a family plan.*

**Enrollment Fees:** There is a one-time enrollment fee of \$95 for individuals or \$175 for families to join our primary care membership. Re-enrollment fees of \$250 will apply if you cancel your membership and want to rejoin if we are taking new patients at that time.

**Missed Appointment Fees:** There is a charge for missed appointments. The fee is the total of what the treatment would have cost. If it is an office visit, the time will still count as if the visit occurred, and a separate no-show fee may apply.

**Membership Patient Care Hours:** Patient care coverage over the plan’s allotted hours will be charged at discounted membership rates.

**Home Visits:** When necessary and appropriate, DaySpring home visits will be possible on a case-by-case basis and will include additional fees. Home visits for newborns for the first six (6) weeks of life are available with the membership. Additional charges apply for home visits outside of an 18-mile radius.

**Additional Information:** DaySpring offers discounts for our Members with other “DaySpring Community Partners” including services such as: counseling/social work, herbology, and lifestyle or exercise coaching. Prices and discounts vary, and we encourage you to visit our website to view specific details.

**Total Health Member Benefits:**

- Osteopathic Manipulation Treatments (OMT)		\$45/session
- IV Therapy		varies with treatment
- Ozone Sauna Treatment (staff-assisted)	\$85/treatment	\$350/5 sessions
- Infrared Sauna Treatment (staff-assisted)	\$35/treatment	\$140/5 sessions
- Massage		\$70/hour
- Clinical Social Work & Counseling		\$60/session
- Basic Personalized Life Coaching w/Jackie		\$55/hour
- Comprehensive Personalized Life Coaching w/Sheryl (RN, MPH)		\$75/hour
- Integrative Herbal Consultation w/Herbalist	\$125/initial 2-hour visit, \$75 follow-ups	
- Hydrotherapy (staff-assisted)		\$85 session
- EKG		\$50
- Notes & Letters written by Dr. Zach on behalf of patient		\$40
- Medical Record Request		\$35
- In-office Procedure Fee (some additional prices for supplies)		\$45
- Patients over their 6 hours of primary care w/Dr. Zach	\$140/hour, \$100/ 30 mins	

**Non-Member Information:** A consultation with Dr. Zach or a note from another physician is needed before an individual can schedule appointments for these personalized services. Full payment is required when scheduling consultations, OMT, or first-time pilot appointments. This will be credited to the account **unless there is a failure to show up or notify us at least 48-hours in advance.**

**Non-Member Health & Wellness Rates:**

- Integrative Health Consultation with Dr/ Zach \$175/30 mins, \$250/initial visit
- Osteopathic Manipulation Treatments (OMT) \$125/30 mins, \$175/hour, \$250/initial visit
- Special Mother & Baby OMT \$99/hour, \$425/5 sessions
- IV Therapy varies with treatment
- Ozone Sauna Treatment (staff-assisted) \$90/treatment \$400/5 sessions
- Infrared Sauna Treatment (staff-assisted) \$40/treatment \$160/5 sessions
- Massage \$80/hour
- Clinical Social Work & Counseling \$75/hour
- Basic Personalized Life Coaching w/Jackie \$70/hour
- Comprehensive Personalized Life Coaching w/Sheryl (RN, MPH) \$80/hour
- Integrative Herbal Consultation w/Herbalist \$135/initial 2-hour visit, \$90 follow-ups
- Hydrotherapy (staff-assisted) \$90/ session
- FAA Consultation \$255/hour
- FAA Exam (Class 1) \$220/hour
- FAA Exam (Class 2 & 3) \$195/hour
- FAA Exam (CACI) \$255/hour
- FAA Exam (Special Issuance) \$275/hour
- EKG \$75
- Notes & Letters written by Dr. Zach on behalf of patient \$55
- Medical Record Request \$35