

# DIRECT PRIMARY CARE (DPC)



## "Whole Health" Wellness Focus

LifeScape DPC addresses nutrition, fitness, sleep & stress, treating root causes rather than medicating and managing chronic conditions



## More Time with Your Provider

Unlimited visits, telemedicine, and more than TWICE the average time per patient than typical primary care



## Efficient, Effective Care

Quick access and quality primary care with a provider who knows you well proven to reduce need for ER, hospitalization, and unnecessary subspecialist utilization



## Proactive Not Reactive

Optimize wellness, not just treat disease, with dedicated providers collaborating with you on proactive, preventive strategies



## Integrated Health with Nutrition Coaching

Nutrition is foundational to wellness so LifeScape integrates nutrition coaching into your whole health experience



## LifeStyle Rx

Prescription pads are not our only tool! DPC providers work collaboratively with you on lifestyle strategies to reverse chronic disease and minimize dependence on medications



## Work for YOU – Not Your Insurer

We thrive serving people, not payors. Patients who want their care directed by their provider, not limited by their insurer choose DPC



## Improved Health Outcomes

Studies show DPC associated with improved preventive care delivery and life expectancy with significantly lower overall health care costs



## Long-Term Savings

A small investment in DPC with a quality provider has shown to save over \$1,500 annually in health costs long-term



**LifeScape**  
SimpleCare Direct