



Care you can count on.

- Same-day appointments
- No co-pays
- 30 minutes with a provider
- State of the art facilities
- Concierge-style care
- Patient portal
- Onsite labs & medications
- Chronic disease management
- Wellness & nutrition coaching



PROACTIVE MD

Services Provided

Contact Member Services

Phone: 864.501.0751

members@proactive.md

www.proactive.md | [f](#) [t](#) [in](#) [@](#)

proactive **md**

We are your personal healthcare partner.

Our board-certified family medicine providers focus on getting to know you so they can provide whole-person care for illnesses and chronic conditions, perform appropriate diagnostic tests and minor procedures, and more.



ABOVE AND BEYOND PRIMARY CARE.

Prevention and Wellness

Health Screening & Testing

- Biometric Health Screening
- Blood Pressure Screening & Counseling
- Cancer Screening & Counseling
- Cholesterol Screening & Counseling
- Diabetes Screening & Counseling
- Electrocardiogram (EKG)
- PPD/Tuberculosis Testing
- Spirometry
- STD Screening

Lab Services

- CLIA Waived Tests
- Glucose, Flu, Strep, Urinalysis
- Pregnancy Testing

Physicals & Wellness Visits

- Annual Physical Exam
- Annual Wellness Exam
- Physicals (Sports, College, Employment)
- Fitness Testing

Support Services

- Care Coordination
- Specialist Coordination
- Outside Testing Coordination
- Crisis Support
- FMLA Support
- Community Resource Navigation

Diagnosis and Treatment

Illnesses, Aches & Pains

- Allergies (Seasonal)
- Bladder & Urinary Tract Infections
- Bronchitis
- Cold, Cough & Flu
- Diarrhea, Nausea & Vomiting
- Earache & Ear Infections
- Ear Wax Removal
- Fever
- Headaches & Migraines
- Joint Pain
- Laryngitis
- Minor Back Pain
- Mononucleosis (Mono)
- Nebulizer Treatment

- Pink Eye & Styes
- Sinus Infections
- Sore Throat & Strep Throat
- Swimmer's Ear
- Upper Respiratory Infections

Skin Conditions

- Eczema
- Head Lice & Scabies
- Hives
- Impetigo
- Mole Removal
- Oral, Mouth & Cold Sores
- Poison Ivy, Poison Oak, Poison Sumac
- Ringworm
- Shingles (Herpes Zoster)

- Skin Infections, Irritations & Rashes
- Skin Lesion Removal
- Skin Tag Removal
- Sunburn
- Swimmer's Itch
- Tick / Insect Bites & Stings
- Toenail Removal
- Wart Removal / Cryotherapy

Minor Injuries

- Burns
- Corneal (Eye) Abrasions
- Cut & Wound Closure
- Foreign Body Removal from Eye & Ear
- Splinter Removal
- Sprains & Strains
- Staple & Suture Removal

Monitoring and Management

Ongoing Health Conditions

- Acid Reflux & Acid Indigestion
- Anxiety
- Asthma
- Cardiovascular Conditions
- Chronic Bronchitis

- Depression
- Diabetes
- Emphysema / COPD
- Help to Quit Smoking
- High Blood Pressure / Hypertension
- High Cholesterol

- Osteoarthritis
- Osteoporosis
- Thyroid Disorders
- Weight Management
- Vascular Disease

Services may include but are not limited to the above.

Services

proactive **md**

Direct Primary Care

DPC is membership-based primary care for individuals, families, and employers. This service falls outside of insurance but also works well with many health plans.



Proactive MD Health Centers are different.

- Shared employer sites with DPC to accommodate small employers and service local communities
- Population Health – CPT and ICD captured for Financial and Clinical Reporting
- Innovative, flexible economic models supporting employers' unique needs
- Care Coordination
- Many locations with fully integrated care: Physical Therapy, Physiology, Occupational Health, Behavioral Health, etc.

PROACTIVE MD Care

PROACTIVE MD

Why Direct Primary Care?

For Employers:

- Reduced healthcare costs for expensive and unnecessary claims
- Higher employee satisfaction and retention and reduced sick days and time off
- Healthier employees with better access to focused primary care, telemedicine, and wellness services
- Dedicated account management and reporting services

For Employees:

- Immediate financial relief of no co-pays and no deductibles for primary care services
- Direct access to a physician regardless of insurance, pre-existing conditions, age, or illness
- Same day appointments, no office wait times, and unlimited virtual access
- Continuity of care

Memberships

Membership is based on a simple, fixed monthly fee. With a membership to our Proactive MD Health Center, all your employees' primary care needs are included in the monthly fee. Monthly membership fees are charged per adult per month or per child per month (under 18 years).

Real Results from Proactive MD Direct Primary Care

- 20.7% decrease in medical claims
- 49.4% decrease in non-catastrophic medical claims
- 12% reduction in average primary care cost per office visit
- 100% decrease in urgent care cost per visit
- 1.5% increase in insurance premiums with Proactive MD compared to what would have been a 16.3% increase without Proactive MD

Driving creative solutions for delivering care, leveraging data, and increasing quality while decreasing cost.

What's included?

With Proactive MD, the fixed monthly per-member rate covers 100% of primary care services at the Health Center for the member. Employees have zero co-pays or insurance claims.

All Proactive MD Health Centers provide standard services that extend from wellness to injury and include basic ancillary services. Proactive MD can address 90% of employees' health needs right at our convenient locations. The standard set of services include:

- Urgent, preventive, pediatric, and wellness care
- Chronic disease management: high blood pressure, diabetes, cholesterol etc.
- E-prescribing and onsite Rx dispensing: a formulary of "regular acute" medications will be included. Additional medications will be charged, at our wholesale cost, to the member.
- Lab collection and processing: a standard offering of popular labs will be included. All other laboratory testing will be charged, at our wholesale cost, to the member.
- Wound repair: stitches, staples and surgical glue
- Minor procedures: skin tag removal, wart removal, skin biopsies, etc.
- Physicals: sports, school, work, etc.
- Unlimited telemedicine access to your provider

GET THE BEST IN HEALTH AND CARE

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proactive md Care without compromise™



SERVING PORTER TRUST

Care Without Compromise

We want to give you the best care experience of your life.

In addition to personalized, comprehensive care, there are many more benefits to visiting your Health Center:

- **It's affordable.** One flat monthly fee covers unlimited services.
- **It's efficient.** Your time at the Health Center will be spent on what matters – your health. Expect shorter wait times and more time with your provider.
- **It's effective.** You'll receive broad-scope primary care that addresses every aspect of your health and wellbeing.

Schedule an appointment and let us serve you!

Our services

- Basic episodic care (flu, colds, aches, pains)
- Preventive care (physicals, health coaching, immunizations)
- Disease management (diabetes, asthma, heart disease)
- Care management
- Labs & onsite medication dispensing
- Wellness consulting
- Musculoskeletal specialty care

New Health Center Hours

Hours of operation are being adjusted to serve you better.

New hours will go live on **July 1**.

Merrillville Health Center

Monday: 7:00am – 4:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:00am – 4:00pm
Thursday: 9:00am – 6:00pm
Friday: 7:00am – 4:00pm

Knox Health Center

Monday: 9:00am – 6:00pm
Tuesday: 7:00am – 4:00pm
Wednesday: 9:00am – 6:00pm
Thursday: 7:00am – 4:00pm
Friday: 7:00am – 4:00pm

Valpraiso Health Center

Monday: 7:00am – 4:00pm
Tuesday: 9:00am – 6:00pm
Wednesday: 7:00am – 4:00pm
Thursday: 9:00am – 6:00pm
Friday: 7:00am – 4:00pm

East Chicago Health Center

Monday: 7:00am – 4:00pm (Virtual)

www.pmd.center/porter-trust



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