



# Start with ModRN Health

Your first stop for all things health, insurance, and pharmacy  
No copays



24/7 access to your Nurse + Doctor



acute and preventative care



finding a specialist



chronic disease management



insurance navigation



prescriptions



[modrnhealth.com](https://modrnhealth.com)

# Understanding Your Care Options

Urgent Care and Emergency Room visits are expensive  
Start with Your ModRN Health Nurse

ModRN Health can help with 80% of your healthcare needs.

|                     | <br>\$0 Deductible<br>\$0 Copay | Primary Care Provider<br>\$\$ | Urgent Care<br>\$\$\$ | Emergency Room<br>\$\$\$\$+ |
|---------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------|-----------------------------|
| Fever               | ✓                                                                                                                |                               |                       |                             |
| Cough               | ✓                                                                                                                |                               |                       |                             |
| Sore Throat         | ✓                                                                                                                |                               |                       |                             |
| Stomach Issues      | ✓                                                                                                                |                               |                       |                             |
| Back and Joint Pain | ✓                                                                                                                |                               |                       |                             |
| Muscle Strain       | ✓                                                                                                                |                               |                       |                             |
| Wellness Exam       | ✓                                                                                                                | ✓                             |                       |                             |
| Specialist Search   | ✓                                                                                                                | ✓                             |                       |                             |
| Medication Review   | ✓                                                                                                                | ✓                             |                       |                             |
| Mental Health       | ✓                                                                                                                | ✓                             | ✓                     | ✓                           |
| Prescriptions       | ✓                                                                                                                | ✓                             | ✓                     | ✓                           |
| Infections          | ✓                                                                                                                | ✓                             | ✓                     | ✓                           |
| Broken Bone         |                                                                                                                  |                               | ✓                     | ✓                           |
| Chest Pain          |                                                                                                                  |                               |                       | ✓                           |
| Shortness of Breath |                                                                                                                  |                               |                       | ✓                           |

## What can the Nurse + Doctor care team help with?

- Diagnosing and treating acute and chronic conditions
- Any prescription that is not a controlled substance
- Finding affordable medications
- Finding high-outcome specialists and facilities
- Finding affordable testing, labs, and imaging
- Setting appointments
- Gathering medical records
- Creating customized care plans for health conditions and preventative strategies
- Advocating on behalf of the member
- Navigating the healthcare system and health insurance

## What can the care team help with if I don't have health issues?

- Preventative health coaching
- Understanding of preventative screenings
- Guidance on alternative treatments such as chiropractic or acupuncture
- Guidance on elective procedures
- Inquiries regarding children and family
- Inquiries regarding aging parents

## What if I already have a primary care provider?

- We supplement with after hours care, immediate virtual care, shopping for medications, finding high-outcome specialists, and finding high-outcome facilities.

## Can the care team help with things outside of insurance coverage?

- Yes. Your nurse understands what is "in-network" but also has access to things outside of the plan that might make more sense for your needs.

## Do I have to use the ModRN Health App?

- No. You may use the app, a text line, phone number, or video call. The most popular engagement channel is text. Our nurses send and receive, on average, 3,200 texts and phone calls per quarter.

## How much does it cost?

- You have unlimited access to your Nurse + Doctor care team at no additional cost to you.



## Paradigm Manufacturing offers access to **Direct Care** through ModRN Health.

You and your enrolled dependents will have:

- Nurse + Doctor Care Team
- 24/7/365 access
- 15-minute or less response time
- Assistance finding specialists and referrals
- Prescriptions
- Help understanding your insurance

You have unlimited **NO COST** access via your phone (text, call, video chat, email).

### Already have a doctor?

Great! Keep your doctors that you love and trust. Use ModRN Health clinicians for everything in between, when you can't get in, or it's after hours. We are a much better option than Urgent Care and can help you decide if you or your loved one needs to go to the ER.

### Don't have a doctor?

We can help! ModRN Health clinicians provide care for 80% of an average person's healthcare journey by providing assessments, diagnosis, prescriptions, and assistance finding in-person care and specialists when needed.

## Access to Care When You Need It Anytime, Anywhere