

## 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



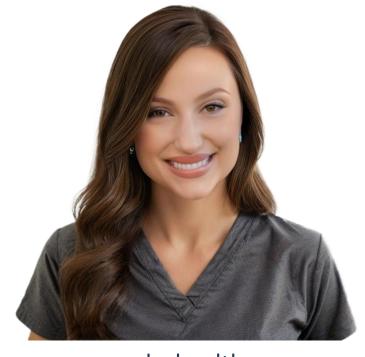
chronic disease management



insurance navigation



prescriptions



modrnhealth.com

# **Understanding Your Care Options**

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

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



### Frequently Asked Questions

#### 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