



APLUS LIFESTYLE WELLNESS & MED SPA, PLLC

CAPABILITY STATEMENT

COMPANY OVERVIEW

APlus Lifestyle Wellness & Med Spa, PLLC is a nurse practitioner-owned and operated health, wellness, and aesthetics medical spa located in Colonial Heights, VA. We specialize in delivering high-quality, patient-centered services designed to enhance our patients' overall well-being and quality of life with a commitment to safety, service, and excellence. Our goal is to bridge the gap in access to quality care in the underserved populations and assist our patients achieve optimal health and wellness.



COMPANY INFORMATION

- **Owner:** Dr. Crystal Alexander, DNP, FNP-C
- **Location:** 3660 Boulevard, Suite B
Colonial Heights, VA 23834
- **Phone:** (804) 805-8704
- **Email:** info@apluslifestylewellness.com
- **Website:** www.apluslifestylewellness.com

GOVERNMENT INFORMATION

eVA ID: SUP271420

NIGP Commodity Codes:

- 94800
- 94846
- 94848
- 94855
- 94864
- 94874
- 94887
- 19300
- 92440
- 92441



CORE COMPETENCIES

- **Direct Primary Care (DPC):** Membership-based affordable primary care services with no insurance barriers allowing access to quality care
- **Medical Weight Loss:** Supervised weight loss program including medical therapies, nutritional guidance, and progress monitoring
- **Department of Transportation (DOT) Physical Exams:** evaluates drivers to determine if medically fit to operate commercial motor vehicles
- **DOT/NON-DOT Drug Testing:** pre-employment, random, post accident, reasonable suspicion drug testing
- **Physicals:** Annual, Sports, and DOT physicals to detect any underlying health conditions, identify risks, and determine if health and safety standards can be met
- **Telemedicine & Concierge Care:** Accessible healthcare beyond clinic walls

DIFFERENTIATORS

- Owned and operated by a Board-Certified Family Nurse Practitioner with over 12 years experience
- Trusted provider for underserved, rural, and minority communities serving over 1000 individuals in the RVA and DMV areas
- Partner with local businesses and healthcare providers to expand our services
- Community-focused, participating in outreach, events, and education to offer accessible and affordable quality services
- Successfully launched Direct Primary Care services and supervised weight loss program with documented patient success stories

PAST PERFORMANCE & PARTNERSHIPS

- **Bryant & Stratton College**—Provide precepting and mentorship to nursing students
- **Metropolitan Business League**—Guest panelist and sponsor for InnovateHER conference
- **Department of Corrections**—Provide primary and acute care services for incarcerated inmates

CERTIFICATIONS

- Family Nurse Practitioner
- Certified Medical Examiner
- Qualified Professional Drug Testing Collector

LIVE THE LIFESTYLE THAT YOU DESERVE