

About Us

Access Family Medicine is Lincoln, Nebraska's first Direct Primary Care (DPC) clinic. DPC is a membership based health care model. We provide tailored care around you, the patient, giving you more access to your physician, without the hassles of a traditional medical practice. We love it, our current patients love it and we think you will too.

Access Family Medicine is working diligently to change the face of primary care in today's world, returning to a nearly lost idea. It is our pursuit to create the most individualized care imaginable, with a focus on service and value.

Your monthly membership gives you access to your doctor, whether it be an office visit or a phone call. No co pays, deductibles or hassles.

Monthly Rates per person

AGE	0-19	20-44	45-64	65+
RATE	\$10	\$50	\$75	\$100

*Child rates effective with a paid adult membership. Individual child rates without an adult member are \$50/month.

Goals

• RELATIONSHIPS

Studies support that patients with a healthy relationship with their doctor have better outcomes. Relationships take time and we have the luxury of just that. All office visits are a minimum of 30 minutes. If you need more time, just ask. We are happy to accommodate. We encourage you to ask all your questions.

• ACCESS

With text, email, voice and web services included in your membership, we are available wherever you are. No longer is the traditional office visit the only way to receive care.

• COST

DPC lowers the burden of rising healthcare costs. All of our pricing is transparent, so you will know and can plan for the services we provide. It is our goal to avoid high cost centers.

Experience Beneficial Health Care

As a membership based primary care clinic, our goal is to collaborate with you to ensure you receive care that will keep you healthy, out of the emergency room and out of the hospital.

MEDICATION PRICES

Pill #	Generic	Brand	Access price
30	amlodipine 10 mg	Norvasc	\$1.50
20	amoxicillin 500 mg	Amixil	\$3.00
30	atorvastatin 20 mg	Lipitor	\$4.00
30	bupropion XL 300 mg	Wellbutrin XL	\$18.00
30	escitalopram 10 mg	Lexapro	\$4.00
1	fluticasone nasal spray	Flonase	\$8.00
30	hydrochlorothiazide 25 mg	HCTZ	\$1.50
90	ibuprofen 800 mg	Motrin	\$4.00
30	lisinopril 10 mg	Zestril	\$1.50
30	meloxicam 15 mg	Mobic	\$1.50
60	metformin 1000 mg	Glucophage	\$3.00
30	montelukast 10 mg	Singulair	\$8.00
30	pantoprazole 40 mg	Protonix	\$3.00
30	tamsulosin 0.4 mg	Flomax	\$5.00
30	venlafaxin XR 75 mg	Effexor XR	\$5.00
1	albuterol hfa inhaler 60 puffs	Ventolin	\$25.00
10	levofloxacin 500 mg	Levaquin	\$3.00

Average price 80% off of retail value.

LAB PRICES

LAB	Access Price	Retail Price
Vit D	\$14.00	\$241.00
Strep Swab	\$6.00	\$89.00
TSH	\$1.77	\$130.00
CRP	\$9.21	\$54.00
CBC	\$1.77	\$42.00
Lipid Panel	\$3.55	\$150.00
Hcb Alc	\$2.36	\$75.00
CMP	\$3.39	\$52.00
Testosterone	\$17.00	\$256.00
Urinalysis	\$10.00	\$60.00
BMP	\$2.72	\$40.00

Average price 90% off of retail value.

PROCEDURE PRICES

Procedure	Access Price	Retail Price
EKG	\$40.00	\$95.00
Spirometry	\$40.00	\$75.00
Lesion Removal	\$40.00	\$129.00
Incision & Drainage	\$40.00	\$182.00
Laceration Repair	\$40.00	\$129.00
Joint Injection	\$40.00	\$167.00
OMT	\$40.00	\$175.00
Acupuncture	\$40.00	\$150.00

*All prices subject to change.

ACCESS FAMILY MEDICINE

More info

Although most consumers think our membership based practice is designed for those who do not have insurance, that is really not the case. We are very happy to serve those individuals, however, our DPC membership is designed to be paired WITH a high deductible insurance plan. Our membership covers full scope primary care, what the insurance doesn't. The insurance covers what the membership does not, catastrophic events. By pairing the two, you have created a full coverage package at a fraction of the cost. Access Family Medicine will work with you to ensure you use your insurance at the appropriate time. We are transparent with our pricing, so you will always be informed. With Access Family Medicine you always have an option.

Business owners are also seeing the benefit of membership. When offering a membership to their employees, they are experiencing healthier staff who miss less work, and greater retention among their talented employees. Both equate to improving the production of their business. Access Family Medicine, Direct Primary Care, is a common sense approach to health care.

Register online to begin your membership today!

Visit our website to learn more great benefits of membership with Access Family Medicine.

Member Benefits

- Personalized care tailored to your preference and comfort.
- Minimum 30 minute office visits.
- Full access to virtual medicine: phone, email, text, webcam.
- No copay or deductible on any office visits.
- Diagnostic and in-house procedures at discounted wholesale cost.
- Labs, imaging, and medication at discounted wholesale cost.
- OMT and acupuncture at discounted wholesale cost.



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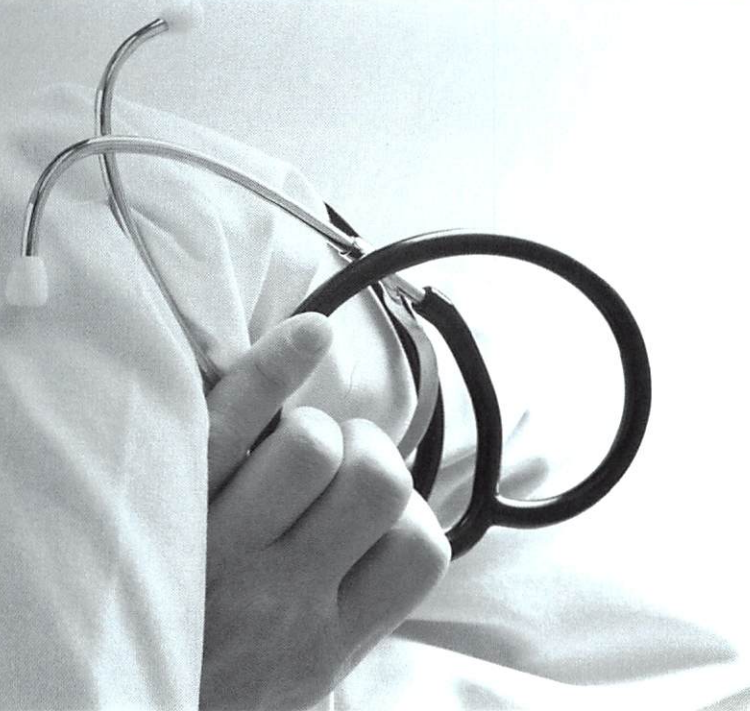
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Access Family Medicine Direct Primary Care

*Full service Family Medicine-
focussing on the patient-
physician relationship.*

It's like having a doctor in the family.