



Women's Medicine Collaborative

Lifespan. Delivering health with care.

*The Miriam Hospital d.o.a. Women's Medicine Collaborative

New Model of Primary Care for Women A focus on Wellness

Welcome to Women's Primary Care! We look forward to caring for you.

As health care has adapted to necessary changes in care delivery during the Covid-19 pandemic, we recognize more than ever the value of innovative ways of delivering care. Women's Primary Care is excited to share with you our new model of care. Consistent with our mission to help you achieve your greatest health potential in body, mind, and spirit, we are proud to be on the cutting edge of modern health care delivery.

Because so many of our patients have told us they love the option of telemedicine, we are incorporating telemedicine into our practice long-term. However, not all visits can be safely done via a phone call or video visit. In our new model of care, we anticipate that most patients will have one Chronic Care visit and one Wellness visit each year, with Targeted visits as needed for specific medical problems and urgent concerns.

Wellness Visit: All patients will have an in-person wellness visit within a 16-month time period. The wellness visit is intended to focus on prevention of disease and your overall health and well-being. At this visit, the provider will do important health screenings, immunizations, and a physical exam. There will be more time to discuss important aspects of health such as healthy eating, physical activity, stress management, sleep, and relationships. Most insurance plans cover this visit without a co-pay.

Chronic Care Visit: Your provider will review your medical conditions and discuss an individualized plan of care. Good control of chronic conditions such as high blood pressure, diabetes, and asthma, is the key to maintaining optimal health. This visit may be an in-person office visit **or** it may be a telemedicine appointment during which you speak with your provider by telephone or video call.

Targeted Visit: This is a brief visit to address a specific issue. This visit type may be used for a brief follow-up such as a blood pressure check or to review test results or to see if a new treatment is effective. This may be an in-person visit or a telemedicine appointment during which you speak with your provider by telephone or video call. This visit type is also used for what many call a "sick visit". If you have a new or urgent medical problem, please call the office. We can generally accommodate you that same day. Every effort will be made to have you seen by your primary care provider (PCP). If your PCP is unavailable, you will be scheduled with another provider of our care team.

If you are experiencing a medical emergency, please call 911.

Co-pays: Because insurance plans vary, as with any medical visit, it is the patient's responsibility to check with their insurance provider to see what is covered under their plan. Patients should confirm their coverage prior to the visit to understand if there will be a co-pay and any additional out of pocket expense.

We understand you may have questions. Please see the back of this page for answers to some of the most frequently asked questions (FAQs).

Please feel free to call the office with any concerns or questions (401) 793-7010.

We look forward to seeing you soon.

Innovative New Model of Primary Care: A focus on Wellness Frequently Asked Questions

What is telemedicine? Over the past two decades, many smartphone users have taken advantage of technology to interact with friends and family and even work related meetings. Many use FaceTime and Skype as ways to interact with family and friends rather than just speaking by phone. This technology has expanded to the field of medicine in the form of telemedicine (or telehealth). Using a phone, smartphone, tablet or computer, a patient can connect with a health care provider for medical advice. Telemedicine offers new opportunities and benefits to our patients. For some, rather than multiple visits to the office, follow up discussions with their provider have been held using telemedicine. Telemedicine also removes barriers for those with transportation or childcare issues.

While in-person care will always be part of health care, and is often preferred, telemedicine has expanded the services we can provide to our patients. Patients have been pleased with telemedicine appointments and report feeling connected, listened to, and satisfied with the care they have received.

Is a telemedicine appointment covered by insurance? Because insurance plans vary, as with any medical visit, it is the patient's responsibility to check with their insurance provider to see what is covered under their plan. Patients should confirm their coverage prior to the visit to understand if there will be a co-pay and any additional out of pocket expense.

What if I am scheduled for a Wellness Visit, but have developed a new symptom or want to discuss a chronic condition? A Wellness Visit is a preventative health care appointment. Preventative health care aims to maintain wellness and prevent health problems before they occur. If you have concerns about a new symptom or a chronic condition, just let us know before the visit. We can schedule a separate Chronic Care or Targeted Visit. If your concerns are more urgent, we can convert your Wellness Visit to a Chronic Care or Targeted Visit and reschedule the Wellness Visit for another time. Our goal is to dedicate the Wellness Visit to "health" care and not "sick" care.

Do I need a Wellness Visit and a Chronic Care Visit? Why can't I just do everything at one visit? The focus of each visit is very different. If you have chronic medical conditions, we feel it is important to see a health care provider at least twice a year. If your chronic condition or symptoms are not well controlled, you will likely need more visits. This new model of care gives you the opportunity to see your provider as much as needed to maintain good control of your health, but also dedicates time for preventative health care and health care maintenance. Women without any chronic medical conditions may only need a Wellness Visit. Your provider will recommend the best visit type based on your medical history.