



Membership Advantages

1. The *Primary Prevention Evaluation* – this is the annual evaluation that is the cornerstone of the Primary Prevention Program and consists of the following:
 - Extensive blood work designed to aggressively seek out risk factors for cardiovascular disease, diabetes, cholesterol disorders, thyroid disorders, kidney disorders, bone disease, and inflammatory conditions
 - Screenings for nutrition, emotional health, weight management, memory disorders, sleep disorders
 - Testing that includes EKG, Pulmonary Function Tests, peripheral artery circulation (ABI calculation), and hearing tests

With all of the above, Dr. Singer can accurately assess your overall health and make recommendations for attaining and maintaining optimal health. He will discuss these with you extensively and follow-up with a letter outlining all the details of your *Primary Prevention Evaluation* including test results.

2. Physician counseling to reduce risk factors and prevent disease.
3. USB drive containing your health records which include personal identification, emergency information, allergies, past medical, social, and family history, medications, EKG, laboratory test results, screening results, patient recommendations.

None of the above are billed to any insurance and are part of the membership fee.

Additional Benefits of Dr. Singer's smaller practice

Same day appointments for urgent problems-appointments start on time and are unhurried.

24-hour availability by cell phone 24/7. No need to deal with answering services or doctors that do not know your medical history.

Coordination of specialist care and arranging appointments, if necessary.

In addition, Dr. Singer will ensure that you receive all of the recommended preventive services in your covered annual exams.

Complete peace of mind that you have a physician who has the knowledge, desire, and time to care for you whenever you need him.