



Start with Nurse Karissa

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

Contact

913-382-6136

karissa@modrnhealth.com



Understanding your care options

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

ModRN Health can help with 80% of your healthcare needs.

 modrnhealth
\$0

Primary
Care
\$\$

Urgent
Care
\$\$\$

Emergency
Room
\$\$\$\$+

	modrnhealth \$0	Primary Care \$\$	Urgent Care \$\$\$	Emergency Room \$\$\$\$+
Fever/Cough	✓			
Sore Throat	✓			
Stomach Issues	✓			
Back and Joint Pain	✓			
Muscle Strain	✓			
Wellness Screening	✓	✓		
Chronic Disease	✓	✓		
Specialist Search	✓	✓		
Medication Review	✓	✓	✓	✓
New Prescriptions	✓	✓	✓	✓
Mental Health	✓	✓	✓	✓
Infections	✓	✓	✓	✓
Broken Bone			✓	✓
Chest Pain				✓
Shortness of Breath				✓

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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.



Virtual Primary Care

Dedicated nurse + doctor care team
Relationship focus
Everyday, acute, and urgent care
Chronic disease management



Navigation

Determine appropriate level of care
Assist patients to find & access care
Determine plan coverage options
Acts as "glue" when system has gaps



Case Management

Help patients understand diagnoses
Patient outcome consulting
Planning, processing, and monitoring
Proactive coaching and cost controls



Patient Advocacy

Provide "medical voice" to patient
Patient rights and representation
Gather and maintain medical records
Education and choice



Care Coordination

Scheduling appointments
Determine appropriate delivery of care
Provider comms & coordination
Appointment follow up



Consumerism

Focus on quality care, not simply price
Prescription necessity and cost
Labs and Imaging
Assists with price and quality choices

Clinical Scope of Services



Preventative Care

Prevention of illness to decrease the burden of disease and associated risks

- Biometric screenings for baseline assessment
- Identifying gaps in overdue preventative cancer screenings
- Counseling on topics such as depression, weight loss, smoking cessation, nutrition, and alcohol use
- Medication review and management



Health Maintenance

Tracking and documenting health measures to achieve desired outcomes

Flu symptoms
 COVID
 Ear infections & earache
 Sore & strep throat
 Cough & bronchitis
 Asthma
 Allergies
 Headache & migraine
 Nausea, vomiting, & diarrhea
 Sinus infection & congestion
 GERD
 Chron's
 Ulcerative colitis
 Candida
 Parasitic infection
 Celiac

Skin irritation & dermatitis
 Acne
 Rosacea
 Impetigo
 Cold, canker, & mouth sores
 Wart evaluation
 Ring worm
 Psoriasis
 Scabies
 Lice rash
 Athlete's foot
 Chicken pox
 Shingles
 Mononucleosis
 Chicken pox
 HSV

Sprains, strains, joint pain
 Minor cuts, blisters, & wounds
 Sunburn
 Poison ivy, poison oak
 Tick bites, bug bites, & stings
 Splinters
 Swimmer's ear
 Gout
 Urinary tract infection
 STI
 Birth control evaluation
 Thyroidism
 Grave's
 Stress, anxiety, depression
 ADHD/OCD/PTSD
 Insomnia



Chronic Care

We work to help execute, manage, and coordinate specialist care plans

- Diabetes
- Heart Disease
- Kidney Disease
- Respiratory disease
- COPD
- Cancer