



## TotalHealth Solutions for Self-Insured Employers

*You need healthy employees to be successful. Unhealthy employees are unhappy, less productive and unnecessarily drive up healthcare costs. Research shows that increased utilization of primary care services yields lower healthcare costs.<sup>1,2,3,4</sup> Your employees need the access and convenience of a primary care provider that offers an innovative and efficient model of care. Avance Care's TotalHealth is the solution.*

Avance Care's TotalHealth offers a variety of services to reduce healthcare costs based on your insurance structure and employee health needs. For self-insured employers, we offer:

- Direct Primary Care services
- TotalEngage: onsite employee health programs and services
- In-person education sessions about primary care utilization

### Direct Primary Care Services

- A \$0 co-pay arrangement provides a cost-containment strategy for employers
- Encourages employees to utilize the PCP network where they have \$0 co-pay, decreasing the instances of higher cost center utilization
- Provides convenient access to an integrated network of primary care providers, dietitians, behavioral wellness therapists and pharmacists where the whole person is treated under one roof
- Contact us to view a sample proposal

### TotalEngage: Onsite Employee Health Programs and Services

Our onsite employee health services and programs provide a variety of ways to engage employees in health-related activities. TotalEngage closes the loop with our near site locations on employee health services that typically end after yearly screenings. We meet all your needs for onsite health programs and services.

- Screenings
- Lunch-n-learns
- Group EAP sessions
- Weight management programs
- Avance Care wellness portal with health risk assessment (HRA)
- Nutrition therapy, behavioral wellness therapy, and complex case management
- Telehealth
- Much more!

### In-Person Education Sessions About Primary Care Utilization

There are many reasons why employees choose not to get regular health checks at a PCP. During these education sessions, we discuss the importance of primary care, how yearly checks save money and avoid major health issues, and how Avance Care provides a convenient and accessible care model.

### What Sets Us Apart

- 8 locations across the Triangle, with 4 new locations opening in next 12 months
- Guaranteed appointments within 24 hours
- Evening and weekend hours:  
**Monday – Friday 7:30 am – 7:00 pm**  
**Saturday – Sunday 9:00 am – 3:00 pm**
- Always a primary care co-pay
- 24x7 access to high-value care with after-hours telehealth access to reduce unnecessary emergency room visits
- Nutrition counseling, behavioral wellness, medication therapy management (pharmacist consultation), in-house labs, opioid treatment, x-ray, and allergy services – all under one roof
- Care Management services to improve outcomes of patients with chronic conditions and complex cases
- Pharmacy services providing home/office medication delivery to improve convenience and compliance
- NCQA-recognized Patient-Centered Medical Home, Blue Quality Physician Program Level Three and United Healthcare Premium designation for both quality and cost
- Web/mobile appointment scheduling

**To learn how you can begin saving money on healthcare costs and helping employees live healthier lives email [levi.boyd@avancecare.com](mailto:levi.boyd@avancecare.com)**

1 American Journal of Medicine, "Health Care Utilization and the Proportion of Primary Care Physicians" (2008)  
2 UnitedHealth Center for Health Reform & Modernization, "Advancing Primary Care Delivery" (2014)  
3 Journal of Person-Centered Medicine, "A Personal Preventive Care Model versus a Traditional Practice: Comparison of HEDIS Measures" (2012)  
4 Sibson Consulting Spotlight Survey, "On-Site Health Centers: Offerings and Satisfaction" (2007)