

Dear VNFM community,

I am elated to be reaching out to you to share news regarding a big change as to how my practice and care are delivered to you.

For a while now, I have struggled with the limitations that the current insurance based healthcare system has imposed on how we as medical practitioners work with you as patients, how/why services are or are not covered, and what is deemed medically necessary. I no longer can support a third (and often fourth) party, who has never met you, nor understands your medical needs, history and goals, dictate what I as your doctor can do to serve you in your wellness and optimal health.

After years of deliberation and planning, I am making a radical change in my practice and how healthcare is delivered to you.

I am no longer accepting conventional insurance-based fee for service payments for care, due to limitations shared above, and am implementing a new model based on membership, so that I can deliver, what I know each of you deserves within my scope as a functional primary care, naturopathic care, and/or specialty care provider.

With this change, each member of my practice receives at least the following:

1. Unlimited visits, primary care or specialty care
2. Faster response time for urgent/acute medical questions/needs directly from me via urgent phone, text, email or the patient portal
3. Annual screening labs at no cost to you, drawn at our BTV office (and soon in our Montpelier office!)
4. Low cost cash laboratory evaluation to follow a specific condition (available at doctor's office/ wholesale price)
5. Access to specialty lab eval as necessary (often available at doctor's office price)
6. Labs ordered to preferred hospital or quest laboratories or billed to insurance, if desired
7. Free group classes, programs, and sessions (coming in 2023; based on demand and some areas of interest may be cooking classes, nutrition classes, support groups i.e. menopause support group, PCOS support groups, fitness/recreation groups, guided cleanses, lectures by local leaders in wellness/medical/empowerment fields, etc)
8. Supplement discount son all purchases from our Fullscript dispensary or from our office
9. Infrared sauna, tens units, ozone machines, books, etc. to borrow as use at home
10. On-site blood draws with expanded hours coming in 2023
11. Visits via telemedicine (when appropriate), in person in our Burlington or in our Montpelier office
12. Blog access or email updates (coming in 2023!) on exciting new medical findings, common conditions, seasonal recommendations, recipes, workouts, lifestyle tips, book recommendations and more
13. Discounted "direct primary care/DPC" access to join Zion Health share in place of your conventional insurance, if desired (<https://zionhealth.org/for-dpc-members/>)
14. Acute visits with Dr. Green as appropriate

As the price of insurance skyrockets, I am regularly hearing that patients have huge bills for basic labs or are shying away from seeking care to avoid the expense. I believe that seeing you more than once or twice a year is almost always necessary to ensure your optimal health and to truly engage in preventative and functional medicine. Because of the depth of work with each person, I am only able to accept 400 members in this new model; this also allows for more rapid response time as well as more flexible scheduling.

If you desire this deep, integrated care, I invite you to apply for my membership program and join me on our new journey of reimagined healthcare.

Applications (<https://vnfm.wufoo.com/forms/p1xzb67y1x1l3tt/>) are open until 400 spots are filled.

(PLEASE NOTE: your FSA or HSA funds MAY be able to be used to pay for the membership).

Executive Plan (includes everything above)

- Regular Membership: \$150/month or \$1,800 per year

Platinum Plan (includes everything above as well as the benefits listed below)

- Additional condition specific labs to track treatment success twice per year outside of annual screening labs
- Up to 6 visits with our team of practitioners at no additional cost to you (this team is rapidly growing!):
 - Movement Therapy/Personal training
 - Acupuncture
 - Nutritional counseling (at our office or via telehealth)
 - Massage
 - Cranial Sacral Therapy
 - Guided grocery shopping
 - Personal yoga session
 - Physical Therapy
- Regular Membership: \$275/month or \$3,300 per year

If you do not necessarily need to see me, want to continue with VNF, and want naturopathic insurance-based care, many of my existing patients will be grandparented into Dr. Gabby Petrelli's practice at our clinic upon request.

With love and gratitude,
Dr. Courtney Bowers, ND