

RIVER OF HEALTH SUBSCRIPTIONS

WITH DR. O'CONNELL



Looking for innovative, curated health care?

Unlike your gym membership....each of our plans is a health journey, or a health membership you will actually use.

Looking to increase longevity markers? Wanting to start a long term relationship with a doctor? Focus on wellness, weight loss and improving tangible health outcomes?

Welcome to your River of Health. Come on in. The water is great.

OUR 3 STEP PROCESS:



Read descriptions and pick a plan.



Contact us if you need help. We can give you more information to help you decide.



Schedule an onboarding session so we can adjust your needs and get you started.

Enjoy the journey realizing that this is a "lifeboat." We want to be your long-term health care provider and as your needs change every year, so can your river.

www.drcameronoconnell.com
907.615.9134

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We want to flow with you on this healthcare journey and pair you with a practitioner that will listen to you and your particular needs.

KENAI RIVER PLAN

The motto of this plan is innovative, curated health care. This is the plan for the person who wants concierge access to their doctor and is tired of having to keep track of everything.

Includes: 12 visits with Dr. O or an NP , 12 massage visits, substantial lab fees built into the program, supplements and herbal medicine covered at each visit.

Annual: \$6,170 or \$570 monthly

YUKON RIVER PLAN

For those looking to be big and bold in their healthcare. This plan is for the person whose most precious commodity is their time, the athlete optimizing longevity, or the entrepreneur prioritizing health and business.

Includes: 8 visits with Dr. O, 6 massage visits, 1 visit w/ an NP for medication management, fees set aside for specialty labs, priority visits with a doctor that is a partner, not a footnote.

Annual: \$3618 + \$300 Laboratory Fee

COPPER RIVER PLAN

A legendary river that inspired a legendary plan. This plan is built for the patient with chronic health complaints who wishes to explore what naturopathic medicine has to offer.

Includes: 3 visits with Dr. O, 1 visit w/ an NP for medication management, and fees set aside for specialty labs.

Annual: \$1545 + \$300 Laboratory Fee

We understand that one-size-does-NOT-fit all so we have add-on treatments, please call us to discuss.
Programs start January 2024. Space is Limited.

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KENAI RIVER & RESERVE PLAN

Is your most precious resource your time? Wouldn't you like a visit with your doctor that is seamless? Are you tired of having to micromanage every aspect of your life? No time to track down your lab orders, pick up supplements or make that appointment for a lab draw or IV?

What if we did that for you? Or better yet, we crafted a plan where you come in to a relaxing environment, get the treatment you need and then move on with your day.

I mean it.

We do it for you. Depending on the level of care and customization you want, we can make it happen, This is for the customer who wants to have concierge access to their doctor. The patient that needs craft, wellness services and is tired of having to keep track of everything.

KENAI RIVER PLAN SERVICES START AT:

- **12 visits with Dr. O'Connell or nurse practitioner**
- **12 visits with one of our massage therapists**
- **Substantial lab fees built into the program**
- **Supplements and herbal medicine covered at every visit**
- **Priority scheduling and Dr. O phone communication**
- **Starting Yearly Cost: \$6,170 or \$570 monthly**
- **Want more? We have it. Just ask.**



YUKON RIVER PLAN

This yearly plan is ideal for:

- Longevity Focus
- Women's Health Concerns
- Weight Loss
- Athlete wanting to optimize

The Yukon is the longest and largest river in Alaska. This year-long plan is just like its namesake.

YUKON RIVER PLAN SERVICES INCLUDE:

- 8 visits with Dr. O'Connell
- 1 visit with a nurse practitioner/medication management
- Priority appointments with Dr. O and phone calls
- 6 visits with a massage therapist
- A bank of lab fees built into the program

Same day appointments will be made when space is available.
Phone calls will be returned during business hours and have no set time for return.
Laboratory Fund of \$300 Onboarding fee/deposit to be kept for future labs.
Non-refundable.



COPPER RIVER PLAN



This yearly plan is ideal for:

- Integrative Care outside PCP
- Cardiology support
- Thyroid support
- Patients who live outside Anchorage

The Copper is a river steeped in mystery and abundance. Copper River Chinook are genetically distinct - just like this plan.

COPPER RIVER PLAN SERVICES INCLUDE:

- 3 visits with Dr. O'Connell
- 1 visit with a nurse practitioner/medication management
- A bank of lab fees built into the program

Laboratory Fund of \$300 Onboarding fee/deposit to be kept for future labs.
Non-refundable.

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PLAN COMPARISON

Services	Kenai	Yukon	Copper
Dr. O'Connell Visits	✓	✓	✓
Nurse Practitioner Visit	✓	✓	✓
Same Day Appointments & Provider Phone Calls*	✓	✓	✗
Massage Therapy	✓	✓	✗
Laboratory Fund**	✓	✓	✓
Discount on Supplements Included	✓	✓	✓
Discount on Additional Visits	25%	20%	15%
Full Pricing for Services	\$6840	\$4000	\$1860
Monthly	\$570	\$333	\$155
Annually****	\$6170	\$3618	\$1545

- Each plan has limited availability and is first come first serve
- Same Day* - Includes phone contact with Dr. O during regular clinic hours, when available.
- Laboratory Fund** - \$300 Onboarding fee/deposit to be kept for future labs for Yukon and Copper. Kenai fee built into program. Non-refundable.
- Annually**** - Discount included for prepaid annual plans.

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ADDITIONAL SERVICES

Even with all these options you can forge your own path with add-on services for both acupuncture and massage services.

MEDICATION MANAGEMENT

Yearly Plan

- \$60 - per month, yearly
- 3 yearly visits

MASSAGE THERAPY

Yearly Plan

- \$55 per month, can be added on a year contract.
- 5 massages

FAMILY PACK

Yearly Plan

- \$60 - per month, yearly
- 3 yearly visits that can be used by any family member of a participant of Dr. O's subscription program.

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Frequently Asked Questions

Q: Why would I sign up for a subscription plan for my medical care?

Subscription gives you full access to services and appointments with a doctor that knows your name, history and has the time/space to give you their full attention. It also frees the relationship between provider and patient. A framework is made where finances and insurance no longer dictate or act as a barrier to treatment. With a subscription, you have allocated your finances directly towards your medical care so you can come in with any concern.

Q: Why would I sign up for a subscription plan if I have insurance?

Many of us do not put our health first. Often it is the last thing on our to-do list. Why? Frequently, insurance is an impediment to seeking medical care. For most of us, our most precious commodity is time. Trying to find out what our insurance company will reimburse, finding the holes in our plan, setting aside the finances to fill those holes and then waiting to see what insurance actually reimburses is a full time job. Instead, a subscription plan nicely limits the number of patients that a provider sees regularly, gives the patient quick access to the provider and lets you know exactly what you are spending on a yearly basis.

Q: Why would I sign up for a concierge plan with a naturopathic doctor?

Naturopathic doctors (NDs) are trained to prioritize listening and to implement both conventional and alternative treatments. Often the phrase "looking for the root cause" is used by NDs to emphasize their particular focus on all aspects of health. With training similar to a medical doctor, NDs are an appropriate choice for those looking for primary care, a specialty in natural medicine or those who have chronic conditions that want to optimize.

Q: Can I use my FSA/HSA to pay for the subscription?

That depends on your FSA/HSA but it is likely. You should contact the organization providing your FSA/HSA to determine eligibility.

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Frequently Asked Questions

Q: Does Dr. O'Connell only treat a specific kind of patient?

No. Dr. O'Connell has been a primary care provider in the State of Alaska since 2017. She does prioritize continuing education that emphasizes endocrinology, plant-based nutrition, women's health and cardiology. However, she performs pap smears, physical exams and nutritional consults on a regular basis and is comfortable with the many aspects of primary care.

Q: Can I bill this to my insurance?

We are not offering superbills at this time for the subscription plans. Medical insurance is modeled in such a way that we would need to keep the costs of our visit high and use medical codes that fit within the insurance structure. This means less time with patient care and more time with paperwork. It also allows the insurance company to make judgments about the best way for you to receive treatment. We believe that to have top level service and to provide the medical care that you want, involving insurance just doesn't add-up.

Q: Will Dr. O'Connell still be my doctor if I do not want to participate in the subscription?

Yes, Dr. O'Connell is staying in network with Blue Cross/Blue Shield and Aetna at this time and will have set cash pricing. However, future plans do include moving to subscription full time in the next few years.

Q: Is there a timeline with this program?

Yes. The programs begin in January 2024. All services need to be used by the end of the patient agreement term.

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Frequently Asked Questions

Q: Are there certain conditions that Dr. O'Connell does not treat?

Yes. Just like any provider, Dr. O'Connell has limitations. Due to outdated legislation in Alaska, NDs currently do not have prescription rights. That is why Dr. O'Connell provides both a "medication management" add-on and plans that include a visit with a nurse practitioner. This gives you the ability to have full spectrum care in one place and a team with one goal - keeping you healthy. One caveat, this plan is not insurance and sometimes imaging, labs and additional expertise are needed outside what Dr. O'Connell can provide. Unfortunately, insurance is a reality in our current medical model. The pricing of healthcare in Alaska may result in a high financial burden if you do not have appropriate medical insurance outside this subscription.

Q: Which River of Health Plan is right for me?

We do not believe in a one-size-fits-all approach to medicine. Contact us and we can discuss options with you. We have add-on plans that may be tailored to your lifestyle and your health goals. Once you sign up for your River of Health, you will have an onboarding session with Dr. O'Connell to make sure those goals are discussed directly with your provider.