

# Compare and Save!



	<b>Harmony Whole Health</b>	<b>Your Primary Care Doctor/Medicare</b>	<b>Other Triad Integrative Medicine Clinics</b>
<b>Cost per visit</b>	<b>\$75</b> per month ( <b>\$900 per year</b> ). \$120 per month discounted rate for couples.	Varies. Copay \$30, plus 20% cost of visit that your insurance does not pay, plus the cost of labs and special tests/procedures. No discounted rate for couples	\$6 per minute ( <b>\$180 per half hour!</b> ). No discounted rate for couples.
<b>Cost of initial consultation</b>	<b>Free Meet-and-Greet</b>	Varies	<b>\$600-\$960</b>
<b>Average Appointment time</b>	30-60 minutes	7-12 min on average	Varies, but <b>billed by the minute!</b>
<b>Multiple visits per month?</b>	Included	Varies by availability	Varies, but charged per minute!
<b>House Calls?</b>	Includes 2 home visits per year for non-members, then \$20 copay per additional visit.	No	No
<b>24/7 timely access to your OWN physician by phone, text, or e-mail?</b>	Included	No, only during business hours, and you might only speak with a nurse. After hours, you get a recording that tells you to go to the ER!	No
<b>Primary care provider you see is a board-certified physician?</b>	Yes	Varies, might be a physician assistant	Varies, might be a nurse practitioner or physician assistant
<b>Osteopathic manipulative therapy</b>	Included	Varies, but not likely. If it is offered, you'll be charged extra.	No
<b>At-cost, discounted labs?</b>	Included. Annual physical exam labs are also included (CBC, CMP, A1c, lipid panel).	The average cost of a CBC test will be between <b>\$25 and \$30</b> . However, some labs may charge as much as five times this fee.	Varies

<b>At cost, discounted imaging tests?</b>	Included	No	No
<b>Deeply discounted prescription medications, dispensed directly from office?</b>	Included (coming soon!)	No. For example, lisinopril is on average \$13	No.
<b>Guided meditation/guided imagery?</b>	Included (Minus cost of devices)	Varies, but not free	No
<b>Monthly health education classes</b>	Included	Not likely	Not likely
<b>Telemedicine visits?</b>	Included	No	varies
<b>Herbs and supplement evaluation, review, and recommendation?</b>	Included	Varies	Varies
<b>Expensive, unneeded IV nutrition, chelation or other unproven therapies?</b>	No!	No	Yes, but charged by the minute, plus forced to purchase expensive supplements!