



Services Overview

A detailed guide to the services included with your Two Eleven Health membership, along with a clear distinction of those not covered.

TWO ELEVEN HEALTH

Primary Care Services

General Health Assessments

- Comprehensive Annual Exams – Full-body health evaluations tailored to all ages.
- New Patient Assessments – In-depth health history review and personalized care plan.
- Lab Work & Diagnostics – Routine and specialized testing for overall health insights.
- Medication Reviews – Ensuring safe, effective use of prescriptions and supplements.

Preventative Care

- Wellness Screenings – Early detection for conditions like diabetes, heart disease, and cancer.
- Cancer Screenings Coordination – Referrals for mammograms and colon cancer screening. Skin exams performed in office.
- Cardiovascular Risk Assessment – Blood pressure, cholesterol, and lifestyle evaluations.

Pediatric Care

- Newborn & Infant Exams – Comprehensive check-ups, feeding support, and developmental monitoring. Home visits for newborns available as well!
- Well-Child Visits – Growth tracking and age-appropriate screenings.
- Sports & School Physicals – Evaluations to ensure children are healthy and ready for activities.
- Acute Pediatric Care – Treatment for common childhood illnesses, infections, and minor injuries.
- Behavioral & Developmental Screenings – Early identification of concerns like ADHD, speech delays, and anxiety.

Chronic Disease Management (*Including, but not limited to*)

- Diabetes Care – Comprehensive support, including medication management and lifestyle coaching.
- Hypertension & Heart Health – Personalized plans for blood pressure control and cardiovascular wellness.
- Thyroid Disorders – Ongoing monitoring and medication adjustments.
- Asthma & COPD Management – Treatment plans for lung health and symptom control.

Acute & Urgent Care

- Sick Visits – Same or next-day care for colds, flu, infections, and minor injuries.
- Skin Concerns – Treatment for rashes, infections, and minor burns.
- Injury Care – Evaluation and management of sprains, strains, and minor cuts.
- Prompt Diagnosis and Treatment of: Headaches and Migraines, respiratory infections, urinary tract infections, gastrointestinal issues, ear aches, allergies, etc.

TWO ELEVEN HEALTH

Primary Care Services

Women's Health

- Women's Exams – Including breast exams, pap smears, and general wellness screenings.
- Hormone & Menstrual Health – Evaluation and management of cycle irregularities and menopause symptoms.
- Birth Control Counseling & Management – Personalized contraceptive options.
- Preconception & Fertility Support – Guidance for those planning a pregnancy.
- Breastfeeding and Lactation Support - Personalized guidance and support for successful breastfeeding, including techniques to improve latch, increase milk supply, and address common challenges.

Lifestyle Medicine

- Weight Management & Metabolic Health – Personalized plans for sustainable weight loss and improved metabolism.
- Nutrition Counseling – Evidence-based recommendations for optimal energy and well-being.
- Exercise & Strength Training Guidance – Plans to build muscle and improve physical function.
- Preventative Strategies for Longevity – Focusing on proactive health maintenance.

Mental Health Support

- Anxiety & Depression Management – Personalized treatment plans, including medication if appropriate.
- Stress Management Strategies – Holistic approaches to reducing everyday stress.
- Sleep Optimization – Guidance for improving sleep quality and duration.
- Lifestyle Interventions for Mental Well-being – Nutrition, movement, and mindfulness recommendations.

Minor Procedures (*Including, but not limited to*)

- Skin Biopsies & Lesion Removal – Diagnosis and treatment of suspicious skin growths.
- Laceration Repair – Placement and removal of stitches/staples for minor cuts and wounds.
- Joint Injections – Relief for arthritis, tendonitis, and joint pain.
- Ingrown Toenail Treatment – In-office care for nail-related discomfort.
- Osteopathic Manipulative Treatment (OMT) – Hands-on techniques to relieve pain, improve mobility, and enhance overall function.
- Abscess Drainage – Safe and sterile incision and drainage of infected skin lesions.
- Ear Wax Removal – Gentle, effective removal of excess ear wax to improve hearing and comfort.

In-Office Testing

- Rapid Strep, Flu, & COVID Testing – Quick diagnosis for common infections.
- Blood Sugar – Monitoring for diabetes and metabolic health.
- EKG (Electrocardiogram) – Heart rhythm evaluation for palpitations and concerns.
- Urinalysis – On-the-spot testing for infections, kidney function, and hydration status.
- Urine Pregnancy Tests

TWO ELEVEN HEALTH

Wellness & Holistic Services

Comprehensive Health Assessments

- Personalized Health Analysis
- In-Depth Nutritional and Lifestyle Review
- Wellness and Fitness Goal Setting

Nutrition and Wellness Programs

- Customized Meal Plans and Diet Guidance
- Supplement Recommendations
- Health Coaching for Behavior Change and Goal Attainment

Telehealth Services

- Virtual Appointments for Routine Care
- Follow-Up Visits and Medication Management
- Quick Messaging and Communication Access

**Out of office labs and imaging may be ordered and interpreted by provider but costs may be incurred from laboratories and imaging centers, which are not included in membership.*

***Performing procedures like biopsies and Pap smears is included in the membership. However, sending these samples to the lab for interpretation comes with an additional cost, which we'll always review with patients ahead of time to ensure transparency.*

TWO ELEVEN HEALTH

Services Not Included

Hospitalization and Emergency Room Visits

Any care received in a hospital, such as surgery, emergency room treatment, or inpatient stays, is not covered.

Specialist Care

Services provided by specialists (e.g., cardiologists, dermatologists, orthopedic surgeons) are not included. Two Eleven Health may refer patients to specialists but does not cover the cost. We aim to work with patients and established relationships to provide affordable specialist options.

Surgical Procedures

Minor procedures are provided in-office (See page 7). More complex surgeries and related anesthesia are not covered.

Radiology and Imaging

Two Eleven Health can arrange discounted imaging services (e.g., X-rays, MRIs) but these are not included in membership fees.

Prescription Medications

We can help obtain wholesale prices for certain medications, but prescription costs are not included in membership.

Laboratory Tests

Two Eleven Health has partnerships with several labs for discounted prices, but lab tests are additional to membership fees.

Maternity and Obstetric Care

We provide general wellness and primary care support during pregnancy but will refer patients to OBGYNs for specialist services, which are not included in membership.

Long-term Care or Nursing Home Services

Long-term care services (e.g., nursing home or assisted living expenses) are not covered.

Vaccinations

Two Eleven Health may occasionally offer immunizations such as the flu vaccine, but these will be offered at an additional charge. We will work with each individual to help coordinate desired immunizations at convenient and cost-effective locations when applicable.

Please Note:

Two Eleven Health recommends patients to maintain health insurance for emergencies or hospitalizations. If a patient has insurance, some of these services may be covered. We are committed to finding the most cost-effective healthcare solutions and often secure heavily discounted services at cash prices.