

YOUR WALKTHROUGH

Primary care without the insurance machine.

You asked for the walkthrough, so here it is. What the membership is, what it covers, and the things most people want to know before they join.

★★★★★ **4.9** from 100+ East Valley patients



You pay **one flat monthly fee** and we never bill your insurance. No copays, no claims, and no surprise bill from us a month later.

Nobody rushes you out of the room. Visits run 30 minutes to an hour, against about 13 minutes in a traditional practice. When you're sick you get a same-day or next-day visit.

WHAT YOUR MEMBERSHIP COVERS

Unlimited primary care visits with no copay, at every age from babies to seniors. Sick visits, checkups, chronic condition care, men's and women's health, sports physicals, anxiety and depression support, and the visits behind weight loss and hormone care. Need a specialist? We make the referral and follow up.

- That mole or wart, taken off
- A blocked-up ear, flushed
- An ingrown toenail, handled
- An EKG or a breathing test
- Strep, flu, and covid swabs
- Urine testing, including care for UTIs

WHAT THAT ACTUALLY FEELS LIKE

You get seen

Same day or next day when you're sick, rather than the wait that has become normal everywhere else.

You get time

Half an hour to an hour in the room, because we keep the practice at around 600 patients per provider.

You get a person

Text or call your provider in between. No phone tree, and no message disappearing into a portal.

"Wonderful family practice! They aren't in the business of giving you a 'script and pushing you out, they're interested in you and your family's wellness."

TYLER · GILBERT, AZ

★★★★★

4.9

Average across 100+ patient reviews on Google and Yelp

Over the page: what it costs, how household pricing works, HSAs and Medicare, the few things we don't do, and how to come and see us.

What it costs, in plain numbers.

ONE ADULT

\$90 /month

Under 65. Everything on the front of this sheet, with no copay.

ONE ADULT, 65+

\$120 /month

The senior rate. It stays \$120 whether you join alone or with family.

ADD YOUR HOUSEHOLD

\$60 then \$30

Second member is \$60 a month, and everyone after that is \$30.

Just want to try it? A single visit is \$150 with no membership, so you can see how it feels before committing to anything.

Month to month. No long-term commitment and no fee to join. Cancel any time with 30 days' notice. Rejoining later costs a one-time \$100, and membership renews on the 1st.

WHAT COSTS EXTRA

Four things sit outside the membership: lab work, medications given in the office, medications dispensed to you, and IV hydration therapy. None of it is a mystery. Ask what something costs and we'll open the book.

Labs are drawn right here and passed through at near-wholesale, often a good deal less than the same test costs elsewhere. An in-house pharmacy is coming too.

A FEW THINGS WE DON'T DO

We're not an emergency room and we're not a 24-hour service. Chest pain, trouble breathing, stroke signs, severe bleeding, a bad reaction, or anything else that frightens you means call 911 or the nearest ER, without waiting on us.

We also don't take on ADHD medication management, long-term opioid therapy, or chronic pain. Each is its own specialty, so we refer those out and stay involved as your primary care home.

THE FINE POINTS, BEFORE YOU ASK

How household pricing works

Two adults plus two kids is \$90 + \$60 + \$30 + \$30, so \$210 a month. Anyone 65 or over stays on \$120 instead.

Paying with an HSA

Since January 2026, federal rules let HSA dollars pay a direct primary care membership, up to \$150 a month per person and \$300 for more than one. Ask your tax adviser.

If you're on Medicare

We've opted out of Medicare, as most direct primary care practices must, so Medicare is never billed for care here. It keeps working for everything else.



Deedee Keeler

Board-certified family nurse practitioner

Arizona licenses nurse practitioners to practice independently, so Deedee is your primary care provider. An Arizona native, a Navy veteran, and an emergency room nurse for seven years before family medicine. She won the DAISY Award for extraordinary nurses in 2022.

Come and meet her first. It's free.

(480) 571-5934

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