

24/7 365 days

Inova VIP 360°
Concierge Medicine



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Exceptional Healthcare. Extraordinary Access.

Inova VIP 360° Concierge Medicine is Northern Virginia's premier service of its kind, offering personalized care and direct access to a physician. We also provide a comfortable, unhurried atmosphere where your physician has ample time to address all your concerns.

Health and wellness is an important part of any busy life, yet changes in your healthcare needs and increased demands on your time make it difficult to manage it all. If you want to enjoy exceptional care and extraordinary access, concierge medicine could be the perfect healthcare option for you.

Our three convenient locations at Inova Fairfax Medical Campus, Inova Fair Oaks Medical Campus and Inova Healthplex - Franconia/Springfield offer a comfortably appointed lounge in a private atmosphere with easy accessibility and parking.



Inova VIP 360° Concierge Medicine Services

We look at your health from 360 degrees by offering unprecedented access to the best physicians in Northern Virginia, along with ongoing preventive care and wellness planning that will truly make a difference in your physical well-being and overall quality of life.

Inova VIP 360° Concierge Medicine provides:

- **Extensive medical review and physical examination** for individualized wellness planning
- **Same- or next-day appointments**
- **24/7 direct access** to Inova VIP 360° physicians
- **Dedicated case management** includes coordinated and expedited services by a personal healthcare advocate
- **Enhanced access** to Inova's world-class healthcare services, including physicians, research and timely follow-up on requests

Inova VIP 360° Concierge Medicine enrolls individuals 14 years of age or older for an annual out-of-pocket fee. We bill your insurance company for clinical services provided; rules regarding co-pay and billing apply. Some services may not be covered by all insurance providers.

Many of the services provided by the concierge program are Medicare-covered services. For Medicare patients, these services will be billed to Medicare as appropriate, and patients will be responsible for co-pays and deductibles when required by Medicare. No part of the concierge fee paid by Medicare patients can be applied towards Medicare-covered services.

Before You Join

Inova VIP 360° Concierge Medicine

believes that a positive patient – physician relationship is a key source of your good health. We invite prospective members to start building that relationship. A consultation can be scheduled to meet one of our

Inova VIP 360° Concierge physicians at no cost. Spending time with your future partner in health will enable you to discuss your goals and concerns, and learn about your physician's medical expertise and philosophy.

Consult with an Inova VIP 360° concierge physician for FREE before you join.



inova.org/VIP360

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When You Join

Members receive an **Inova VIP 360° Concierge** membership card with contact numbers and emergency directions to simplify reaching your health care team, **24/7**. Before your first appointment you will be provided with forms to complete that include:

- Medical history form
- Nutritional diary
- Scope of services and patient agreement
- HIPAA/privacy notices

You will receive instructions on how to prepare for any appointment that requires fasting or other preparations that may be required.

“With no general practitioner and without a check up in five years, the head-to-toe examination brought a potentially serious problem to light. My doctor’s expertise coupled with a real concern for my holistic well-being enabled me to make pivotal decisions about my health with knowledge and assurance. I felt like my doctor and the staff always had the time for me.

And...I am doing fine!”

Phoebe Peterson

“The extensive amount of time we spend with our members allows us to make specific, meaningful healthcare recommendations to each member.”

*Maggie Hayford, RN
Clinical Director*

The Inova VIP 360° Concierge Medicine Experience



Your First Appointment

Our team of dedicated medical professionals is focused entirely on you during your half-day examination. We invite you to dress comfortably and enjoy our undivided attention.

Here's what you can expect:

- A comprehensive exam that provides a baseline assessment of your overall health status and detailed information to help your physician guide you in methods to optimize your total well-being.
- Review of medical history and a physical, as well as thorough blood work and testing tailored to your specific needs or health concerns.
- A session with a certified personal trainer to provide individualized exercise recommendations based on your goals, health status and lifestyle needs. Our trainers will also follow-up with you via email or phone to ensure that you are getting the most from our recommendations.
- Additional testing, such as mammography, bone density scanning, colonoscopy, and abdominal ultrasound, may be ordered in alignment with your specific health needs.

Inova VIP 360° Concierge Medicine provides the time and attention you deserve.

[inova.org/VIP360](https://www.inova.org/VIP360)



The VIP 360° Concierge Medicine Connection Continues

After your first appointment:

- Your physician provides full interpretation of results in-person or by phone. You also have the option to undergo lab testing in advance so results can be reviewed with your physician during the comprehensive examination.
- A follow-up consultation is offered 3-4 weeks after your initial examination. This appointment provides time for you and your physician to discuss your progress and any concerns or questions you may have regarding your personal health portfolio.
- Our fully integrated medical record system, EpicCare, ensures that all of your medical information is securely stored and accessed only by the members of your health team.
- You have secure, online access to your health information through MyChart®. You can ask questions, request prescription refills, review lab results within 24-48 hours and more—online, anytime at [inoва.org/mychart](https://www.inova.org/mychart). A MyChart® mobile app is also available.

The Inova VIP 360° Concierge Medicine Experience

Services Customized for You

No more “one size fits” all approach.

You will be offered MediMap™, a pharmacogenomics test, that combines the science of how medications work (pharmacology) with the science of how genetic differences can influence health (genomics).

MediMap™ informs your physician about your genetic makeup to help determine which medications to use and the amount to prescribe. MediMap™ testing may also reduce side-effects.

Well Woman Services

With **Inova VIP 360° Concierge Medicine** you'll benefit from a concierge practice with **Well Woman Services**, including:

- Complete physical
- Mammogram
- Thyroid-stimulating Hormone (TSH) test
- Pap test
- Cholesterol screening
- Bone density scan
- Unhurried time with the physician to discuss any concerns

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Exercise and nutrition form two integral components of a healthy lifestyle. Your **Inova VIP 360° Concierge** physician will partner with exercise specialists and registered dietitians to oversee programs that will help you obtain your wellness goals.

Fitness

Whether you are new to exercise or a seasoned fitness enthusiast, your consultation with our exercise specialist will help you set goals and receive the essential tools to establish a comprehensive fitness routine or take your current routine to the next level. Our experts can design an individual exercise plan and partner with you to create a blueprint for fitness that helps you achieve your personal goals.

Nutrition Services

Inova VIP 360° Concierge Medicine offers nutritional services that will be tailored to your particular needs. Our registered dietitians are committed to helping you develop a new perspective on nutrition.

- **Comprehensive Nutritional and Metabolic Assessment**
 - Complete nutritional review using pertinent medical history, any relevant conditions and current health status, as well as food preferences, eating habits and exercise regimen.
 - Personalized meal plan that includes examples and recommendations to aid you in making the behavioral changes necessary for improving your diet.
 - Body composition assessment using a non-invasive approach that gives accurate baseline measurements of lean body mass.
 - Resting metabolic rate analysis used to tailor our nutritional recommendations to specific physiological requirements.

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Three Convenient Locations

Inova Fairfax Medical Campus
1st Floor, Support Services Building
3300 Gallows Road
Falls Church, VA 22042
703.776.7005

Inova Fair Oaks Medical Campus
3580 Joseph Siewick Drive, Suite 306
Fairfax, VA 22033
703.391.4520

Inova HealthPlex - Franconia/Springfield
6355 Walker Lane, Suite 500
Alexandria, VA 22310
703.373.3718

For more information, visit [inova.org/VIP360](https://www.inova.org/VIP360)

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