

Dear Patients,

I am so excited to open Wellscape Direct MD! I've practiced family medicine in the Boston/Cambridge area for over a decade, and now I am thrilled to open a practice that more closely reflects the ideals of primary care. This includes **direct access** to your doctor, adequate **time to share concerns**, healthcare advice that is **tailored to you**, inclusion of **prevention & wellness**, and a primary care physician who **cares!** Direct Primary Care offers us the opportunity to return to that "old-time" family medicine feel, but modernized with the technology of our era.

My practice style is based on **open communication** and **mutual respect** as the foundation of a meaningful primary care relationship. I believe in **collaboration**, from which we can develop treatment plans and lifestyle changes that make sense for your life, and that optimize your health and well-being. My approach is **holistic and integrative**, recognizing the impact of mind, body, spirit, family, community, and environment on health status. I opened Wellscape Direct MD to put these principles into action, to better serve my patients and community.

I look forward to collaborating on your health!

Linnea

MY BACKGROUND:

Although born and raised near Chicago, my family maintained a small farm, from which I learned to appreciate organic, whole food; the cycles of nature; and the wonders of the outdoors. I earned a BA degree in Psychology from Earlham College (IN), a Quaker-based school that fostered my belief in treating others as equals, my commitment to social justice, and my desire to serve. After spending some years in the workforce, traveling, and pursuing passions in Chinese martial arts and medicine, I followed my childhood dream into medicine, graduating from UMass Medical School, and completing training at Lawrence Family Medicine Residency. I continue to have strong interests in complementary therapies, particularly Chinese Medicine and mind-body medicine.

SIGN UP or learn more at:
WellscapeDirectMD.com

Wellscape Direct MD is conveniently located in downtown Boston—close to North Station with access to the Orange, Green, and Red MBTA lines, buses, and the commuter rail. Parking options available.

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Wellscape
DIRECT MD

A New Era of Healthcare:
made simple, because you matter



Wellscape Direct MD offers:

*a primary care relationship built on trust
and compassion*

care that is tailored for each person

convenience, access, and time to communicate

preventative care and wellness



Welcome to Wellscope Direct MD

Imagine: calling your doctor for an appointment at your convenience, *not* waiting hours at the office; *not* feeling anxious—because your doctor knows *you*; having enough time to bring up all of your concerns and later, being able to text your doctor directly to ask a follow-up question; *plus*, avoiding the frustrations of complicated insurance billing. This is what Wellscope Direct MD is all about.

Wellscope Direct MD LLC, a Direct Primary Care practice, aspires to return primary care to its intended goal: to take care of you—simply, openly, and directly.

THE WELLSCAPE APPROACH:

- Access to your doctor when you need it
- Communicate with your doctor via phone, email, texting, video
- Same or next day availability with *your* doctor
- No long waits—your time is important, too!
- Extended appointment times tailored to your needs
- Primary care costs that are simple and transparent
- Optional discounted cash pricing for outside services
- Help with navigating the healthcare system and coordination of your specialty care
- Care that is holistic and integrative—to take care of you as a whole person
- Referrals to and resources for complementary medicine when indicated

Membership

YOUR MEMBERSHIP INCLUDES:

- Up to 15 office visits per year
- Wellness and sick visits, routine screenings, chronic disease management
- Women's wellness and routine gynecologic care
- Electronic communications and virtual visits
- Assistance with referrals and off-site testing
- Coordination of care with specialists

MEMBERSHIP FEE:

The membership fee is designed to be reasonable, and varies according to age. There are no copays with visits and no complicated billing from insurance for covered primary care services. A convenient, automated online system is available for direct withdrawal from either your bank or a credit card.

Wellscope recommends a minimum commitment of three months to best learn about you and your healthcare needs.

For membership fees, please contact the office or go to WellscopeDirectMD.com

Direct Primary Care

Direct Primary Care (DPC) is an alternative model of primary care that is gaining popularity across the US. DPC prioritizes the patient-doctor relationship, minimizing the influence of outside forces such as insurance companies, large healthcare organizations, and government. It places the emphasis on you, the patient, and puts your healthcare decisions directly in the hands of you and your doctor. When primary care is valued, your doctor is enabled to know you as an individual, to be accessible to you as your initial contact for your care, and to be your advocate within the larger healthcare system. It does this through a reasonable monthly fee that is directly between you and your physician.

DIRECT PRIMARY CARE:

- Helps you to take control of your own healthcare
- Prioritizes and supports the patient-doctor primary care relationship
- Offers pricing designed to be reasonable and transparent
- Is *not* insurance
- Is *not* concierge medicine (distinguished by cost and the role of insurance)
- Is supported by the American Academy of Family Physicians
- Is an option for employers who want to offer healthcare to employees

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— LINNEA MEYER, MD

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