

## **PERSONALIZED MEDICINE @ wellnessMD**

Today's medical system is fraught with delays and conflicts, and predominantly focused on reactive care...**wellnessMD** is primarily focused on preventive care. This is achieved through the fusion of 'high touch', personalized medicine, melded with state of the art technology and standards of care that ensure that you are in the best health that you can be.

**wellnessMD** functions on a membership basis and annual membership includes:

- A half day comprehensive wellness screening (optional)
- Quarterly wellness check-ins with your **wellnessMD** physician
- Interactive Lifestyle Counseling and Support every other month
- Quarterly personal training sessions with a certified acac personal trainer
- Quarterly nutrition sessions with a registered acac nutritionist
- Guaranteed timely access to your **wellnessMD** physician or on-call physician
- House calls are available as deemed medically necessary
- E-mail access to your **wellnessMD** physician or on-call physician
- The finest medical services at our disposal, or expedite access to the people or services that ensure first class care for your situation
- A specialist physician network generated by **wellnessMD** that can typically provide access within 2-5 business days
- State-of-the-art Electronic Medical Records System (EMR), giving your **wellnessMD** physician easy access to your vital information which helps ensure the best care possible. You can also access the **wellnessMD** team online and your medical records through a key chain data drive provided and updated by **wellnessMD**.

This is particularly beneficial for frequent travelers.

**wellnessMD@acac • 406 Albemarle Square • Charlottesville, VA 22901**  
**phone 434.817.4280 fax 434.817.4281 web wellnessMD.acac.com**