

24/7 365 days

**Inova VIP 360°**  
Concierge Medicine



24/7 365 days

# Inova VIP 360° Concierge Medicine



## 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 are 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 four convenient locations offer a private atmosphere with comfortably appointed lounges, easy accessibility and parking.*

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



## 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 critical component of 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](https://www.inova.org/VIP360)

## When You Join

Members receive after hours 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 and instructions on how to prepare for any appointment that requires fasting or other preparations that may be required.

24/7 365 days

The Inova VIP 360° Concierge Medicine Experience

*“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*

## Your First Appointment

Our team of dedicated medical professionals is focused entirely on you during your half-day examination.

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 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 [inova.org/mychart](http://inova.org/mychart). A MyChart® mobile app is also available.

The Inova VIP 360° Concierge Medicine Experience

## Add-On Services Customized to You

### Genetic Testing

Inova VIP 360° now offers MediMap® Plus - a clinician-ordered test that helps you and your physician determine the right medication for you.

Done with a simple cheek swab, MediMap testing may help you and your healthcare provider:

- Reduce negative side effects.
- Discover the right drug, and the right dose, for you.
- Avoid trial-and-error prescribing.

### 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

[inova.org/VIP360](http://inova.org/VIP360)



Exercise and nutrition form two integral components of a healthy lifestyle. Your **Inova VIP 360° Concierge** physician will partner with exercise and nutrition specialists 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 to establish a comprehensive fitness routine or take your current routine to the next level. Our experts will evaluate your fitness goals and assess your body composition using state-of-the-art equipment. After reviewing these results, a fitness program will be designed to help meet your individual fitness goals.

### Nutrition Services

**Inova VIP 360° Concierge Medicine** offers a comprehensive nutrition and metabolic assessment that will be tailored to your particular needs.

- 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.
- Resting metabolic rate analysis used to tailor our nutritional recommendations to specific physiological requirements.

24/7 365 days

24/7 365 days

### Four Convenient Locations

Inova VIP 360 - Fairfax  
1st Floor, Support Services Building  
3300 Gallows Road  
Falls Church, VA 22042  
703.776.7005

Inova VIP 360 - Fair Oaks  
3580 Joseph Siewick Drive, Suite 306  
Fairfax, VA 22033  
703.391.4520

Inova VIP 360 - Lansdowne  
19500 Sandridge Way, Suite 200  
Leesburg, VA 20176  
P: 703.840.7300

Inova VIP 360 - Springfield  
6355 Walker Lane, Suite 500  
Alexandria, VA 22310  
703.373.3718

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

24/7 365 days

# Inova VIP 360°

Concierge Medicine

*Exceptional Healthcare.  
Extraordinary Access.*

[inova.org/VIP360](http://inova.org/VIP360)

