



Start with Nurse Karissa

Your first stop for all things health, insurance, and pharmacy
No copays



24/7 access to your Nurse + Doctor



acute and preventative care



finding a specialist



chronic disease management



insurance navigation



prescriptions

Contact

913-382-6136

karissa@modrnhealth.com



Understanding Your Care Options

Urgent Care and Emergency Room visits are expensive
Start with Your ModRN Health Nurse

ModRN Health can help with 80% of your healthcare needs.

	 \$0 Deductible \$0 Copay	Primary Care Provider \$\$	Urgent Care \$\$\$	Emergency Room \$\$\$\$+
Fever	✓			
Cough	✓			
Sore Throat	✓			
Stomach Issues	✓			
Back and Joint Pain	✓			
Muscle Strain	✓			
Wellness Exam	✓	✓		
Specialist Search	✓	✓		
Medication Review	✓	✓		
Mental Health	✓	✓	✓	✓
Prescriptions	✓	✓	✓	✓
Infections	✓	✓	✓	✓
Broken Bone			✓	✓
Chest Pain				✓
Shortness of Breath				✓

What can the Nurse + Doctor care team help with?

- Diagnosing and treating acute and chronic conditions
- Any prescription that is not a controlled substance
- Finding affordable medications
- Finding high-outcome specialists and facilities
- Finding affordable testing, labs, and imaging
- Setting appointments
- Gathering medical records
- Creating customized care plans for health conditions and preventative strategies
- Advocating on behalf of the member
- Navigating the healthcare system and health insurance

What can the care team help with if I don't have health issues?

- Preventative health coaching
- Understanding of preventative screenings
- Guidance on alternative treatments such as chiropractic or acupuncture
- Guidance on elective procedures
- Inquiries regarding children and family
- Inquiries regarding aging parents

What if I already have a primary care provider?

- We supplement with after hours care, immediate virtual care, shopping for medications, finding high-outcome specialists, and finding high-outcome facilities.

Can the care team help with things outside of insurance coverage?

- Yes. Your nurse understands what is "in-network" but also has access to things outside of the plan that might make more sense for your needs.

Do I have to use the ModRN Health App?

- No. You may use the app, a text line, phone number, or video call. The most popular engagement channel is text. Our nurses send and receive, on average, 3,200 texts and phone calls per quarter.

How much does it cost?

- You have unlimited access to your Nurse + Doctor care team at no additional cost to you.