



Integrative
Family
Medicine

Making Your Best Health *Possible*

Your primary care. More personal.

A quick guide to membership

MEMBERSHIP AT A GLANCE

Adults: \$110-\$125/month

Based on age | Children: \$75/month with one paying adult

\$80 one-time
enrollment fee

What is DPC?

Direct Primary Care is a membership for your everyday medical care. You pay a predictable monthly fee instead of using insurance for primary care visits, giving your provider more time to know you and easier access when you need care.

What is integrative primary care?

Primary care that considers your medical needs alongside nutrition, sleep, movement, stress, and daily life. We combine conventional medicine with evidence-informed lifestyle and complementary approaches to support prevention and better health.

What does membership cover?

Your Establish Care appointment, annual visits, follow-ups, and sick visits - with no visit copays. Care includes prevention, common illnesses, ongoing health conditions, medication management, and referrals when needed. Labs, medications, and procedures have separate discounted fees.

Does membership replace insurance?

No. Membership works with or without insurance. With insurance, it adds better access and a more personal provider relationship. Without insurance, it offers a dependable primary care home focused on prevention and ongoing health. Hospital, emergency, and specialist care are separate; insurance helps cover those major medical costs.

How do I choose a provider?

Read provider profiles at integrativeasheville.org and choose from those accepting new members. If your provider does not feel like the right fit after your Establish Care appointment, you can request a provider change.

Can I cancel my membership?

Membership is an annual contract. You may cancel within **7 days of your Establish Care appointment**; you owe any difference between fees paid and the non-member cost of services received (the Establish Care visit is \$350). After that window, the standard cancellation fee applies. See your membership agreement for full terms.

What other benefits do I receive?

Lower costs: Wholesale labs and pharmacy access, plus discounted tests and procedures - such as a \$10 strep test.

Support for healthy living: Monthly education classes and health and nutrition coaching for \$20.

Easy communication: An online portal to message your provider directly, plus an app to manage your membership benefits in one place.

Ready for a better primary care home?

integrativeasheville.org | Call or text: (828) 575-9600