

# Our Services

## In Person and Virtual Care (for adults and children)

The following list provides an overview of the broad scope of diagnoses, procedures, and services that may be rendered in our health centers (not a complete list). Our onsite clinicians make all treatment decisions with the health, well-being, and best interest of the patient as the foremost goal.

### Provider Access (typical availability or response time)

**Doctor's office appointments:** Same- or next-day for urgent needs  
**Email consults (through Everside Health portal):** Within one business day

**Phone consults:** Within two hours during business hours/within 45 minutes outside of business hours

### Primary & Preventive Care

- Basic vision screening (color & near vision)
- Blood pressure screening
- Chronic condition management
- Comprehensive personal evaluation
- Coordination with other providers
- Fitness & nutrition coaching
- Health risk assessment
- Hearing screening (audiometry)
- Lifestyle & risk-reduction coaching
- Sports physicals
- Well-child visits

### Treatments & Procedures

- Basic splinting
- Basic wound care
- Ear wax removal
- EKG
- Incision & drainage of abscesses
- Ingrown toenail removal
- IUD insertion & removal (IUD not included)
- Joint & bursa injection/aspiration
- Lung function screening (spirometry)
- Nebulizer treatment
- PAP smear
- Peak flow testing
- Skin biopsy (lab not included)
- Skin cyst removal
- Skin tag & wart removal (cryo)
- Stitches
- Suture/staple removal

### Labs for Everside Health Members

- Blood draws & sample collection
- Hemoglobin A1C
- Pregnancy test
- Standard annual labs
- Stool blood test (FOBT)
- Strep throat test

### Immunizations

Immunizations administered that will be submitted to the patient's insurance plan for payment:

- Flu vaccine
- Hepatitis A series
- Hepatitis B series
- HPV series (human papilloma virus)
- Meningococcal
- MMR (measles, mumps, rubella)
- Varicella (chicken pox)
- Pneumovax
- Td (tetanus, diphtheria)
- Tdap (tetanus, diphtheria, pertussis)

### Health Portal

Visit [paladinahealth.com/portal](http://paladinahealth.com/portal) to get access.

- Available 24/7
- Make and manage prescriptions from your doctor
- Request refills and view prescriptions
- Email your doctor securely
- Download your personal health record
- Manage your membership

Don't see a specific treatment or procedure?  
 Contact your Paladina Health doctor's office to get more information.

# Prescription Drugs & Medications

Some doctor's offices have a supply of common, generic medications. Generic versions of the items below are frequently available to members for a low fee, similar to what they might pay at a nearby pharmacy.

## Generic Prescription Program

The generic equivalent of the following medications may be available. Exact medications offered are at the discretion of the provider and are subject to change.

- Aloprim
- Amoxicillin
- Augmentin
- Bactrim
- Celexa
- Cipro
- Claritin
- Cortaid
- Cozaar
- Diflucan
- Ditropan
- Elavil
- Ferrous Sulfate
- Flagyl
- Flexeril
- Flonase
- Gentamycin
- Glucophage
- Glucotrol
- Hydrochlorothiazide
- Imitrex
- Keflex
- Lasix
- Levaquin
- Lipitor
- Lopressor
- Lotrimin
- Naprosyn
- Norvasc
- Ortho Tri-Cyclen
- Penicillin
- Phenergan
- Prednisone
- Prilosec
- Proventil
- Pyridium
- Trazodone
- Triamcinolone
- Ultram
- Ventolin
- Vitamin D
- Z-Pak
- Zantac
- Zestril
- Zithromax
- Zocor
- Zofran
- Zolof
- Zovirax
- Zyrtec

Certain prescriptions and procedures, and tests sent to outside labs will be charged to your insurance. For those contributing to an HSA, some fees may be required for non-preventive services and acute/non-preventive services are provided, on average, at a lower cost than other providers. Care delivered by phone or email is no additional cost.