

Clinic Update and Wellness Program Announcements

Dear Clinic Members,

This has been an exciting time for our clinic. We have several updates, and I'll put them in broad categories such that you can focus on the areas that are of interest to you.

1. New Doctor and Nurse
2. New Location
3. New Wellness Programs
4. New Membership Fee Structure

1. New Doctor and Nurse

On January 8th we welcomed on board the nurse-doctor team of Board Certified Family Medicine physician, Dr. Zane Lapinskes and his wife Savannah Lapinskes, RN. It has been a joy to share our work with these outstanding colleagues, and we can already see concrete examples of how our partnership helps us to improve the care we provide our members. We have been able to discuss clinical cases together, we have been able to provide more consistent after-hours coverage, and we have been able to plan for time away for personal and professional enrichment.

A few things about Dr. Lapinskes:

- He and I are sharing coverage for each other in the event of sickness or time away from the clinic, but you will otherwise always see your own doctor. He has a separate phone number for his members and his own dedicated nurse.
- He is accepting new patients of all ages. Memberships for children are \$30 per month or \$15 per month if one parent is a member of Dr. Lapinskes' practice. You may switch to Dr. Lapinskes if that will work better for your family. Children of my patients may see him for \$30 per month. Please feel free to pass his name and number along to friends and family who may be looking for a wonderful doctor. 919-258-2840
- He has admitting privileges at WakeMed, so if your condition necessitates hospital admission, you may choose to have Dr. Lapinskes as your attending physician rather than the WakeMed hospitalist. Dr. Lapinskes has been taking care of his own patients at WakeMed for years, a service that is very uncommon among primary care doctors today. I have been approved for privileges at WakeMed and will be able to take care of you there once I complete WakeMed training in March. I am excited to offer this expanded access to members, when appropriate, as a part of your membership.

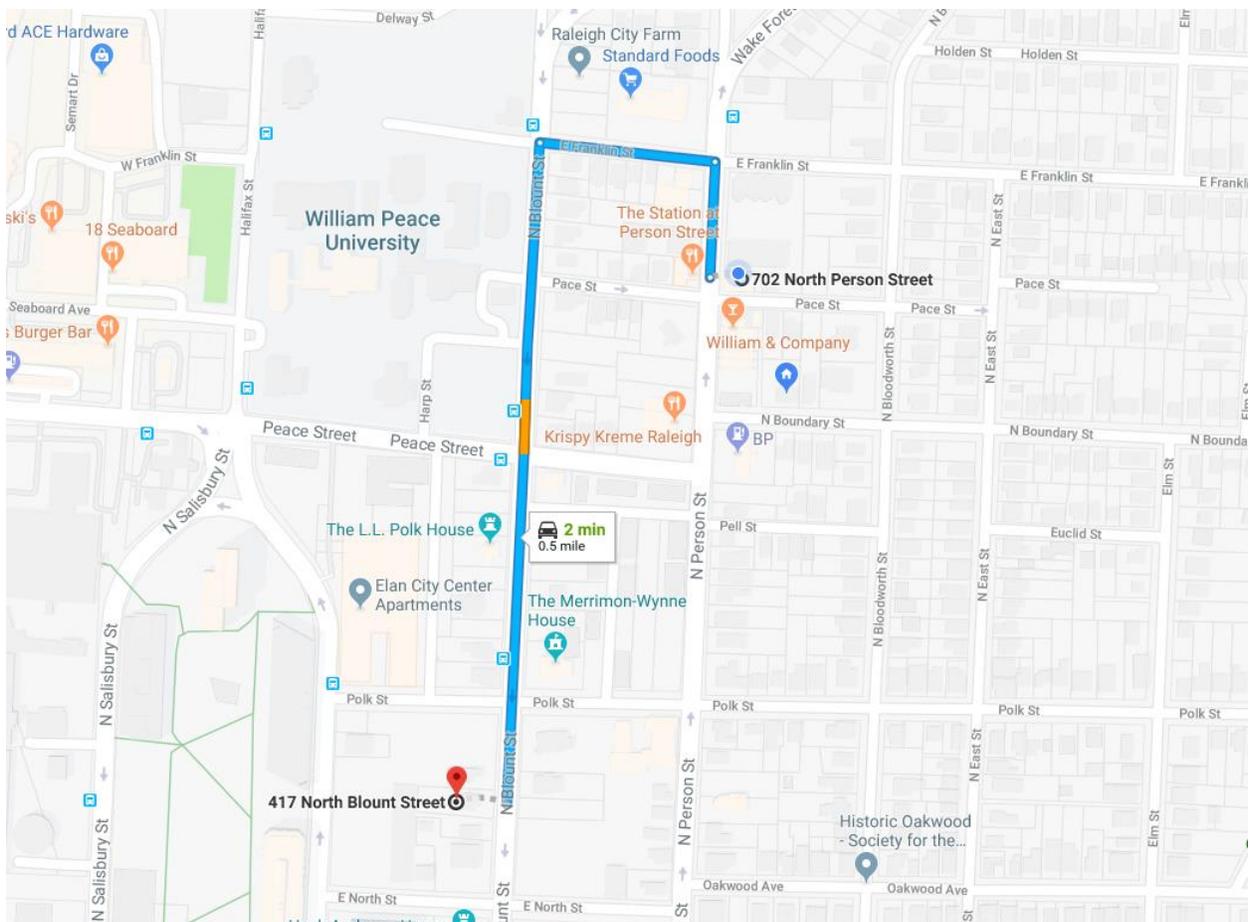
2. New Location – 417 N. Blount Street



We are also looking forward to a clinic move this spring, as the clinic will relocate to a larger space at 417 N. Blount Street. I am grateful to Person Street Pharmacy for providing us a hospitable and cozy home these past 2 years, but with the addition of a second physician we knew we would need a larger space. Through an introduction made by one of our clinic members, I was connected to the owner of a beautiful historic home which was being restored and made ready for office use. Our clinic staff and the home owner have both felt that our needs and the space match up well, and the owner is well along in the process of building out the space to suit our clinic. We anticipate moving in April. We will send another announcement when we move that will include details about where to park and such, but there WILL be dedicated parking, which is great. You will enter the parking lot from North Street and we will send out more details about that closer to the move.

The map shows where we are now and the location of the new office.

Click map for driving directions:



3. Wellness Programs

We want to encourage those of you who would like some help getting into healthy patterns in 2018. For those of you who are new to the clinic, every spring and fall for the last several years I have offered a 12-week wellness program in partnership with the Alexander Family YMCA (1603 Hillsborough St. in Raleigh). We walk alongside our patients in that journey by exercising with them and sharing information about nutrition and health during weekly meetings at the Y. This spring we are not going to run our traditional wellness program in order to participate in medical programs that the Y is beginning this year. We plan to resume our traditional wellness program in the fall.

The Y is expanding its own offerings of medical programs focusing on topics like weight loss, diabetes prevention, and balance and fall reduction. Unlike our traditional wellness collaboration with the Y, these are programs entirely run by the Y. My staff and I would not always be present, but we will work closely with the Y to support and encourage our members who participate.

In the meantime, join us at the Alexander Family Y for weekly classes!

- Thursdays from 10:00am to 11:15 with Liz for Gentle Yoga with Jennifer M. in Studio 2
 - Starting February 15th (not meeting February 22nd)
 - Meet Liz at 9:15 am in the lobby on Feb. 15th if you would like an orientation to the Y
- Thursdays from 3:00pm to 3:45 for Functional Fitness with Jackie in Studio 1
 - Focuses on strengthening and balance for participants in their 50s to 80s

- Aimed at goal of being fit for normal life activities as opposed to striving for peak athletic performance
- Fridays from 10:15 – 11:15am with Dr. Fischer for Cycle with Julia M. in Studio 3
 - Starting February 16th (not meeting February 23rd)
 - Meet me at 9:30 am in the lobby on Feb 16th if you would like an orientation to the Y

[Link to all Alexander YMCA Fitness Classes](#)

Liz and I would be happy to meet any members who might like the companionship of participating with a familiar face or may want a bit of help getting used to the equipment. Membership at the Y is not required to achieve and sustain good health, but the Y has been a great partner in that pursuit for me and for many of you. The Y also offers day use passes for \$10, so you do not have to sign up for membership to participate in these classes. You also do not need to notify us of your intent to participate, as we will be going regardless. Come if it fits in your day.

Everyone is welcome at any of the classes and you can bring non-member friends as well.

[Directions to Alexander YMCA at 1603 Hillsborough Street](#)

4. New Fee Structure – No More Visit Fees

As of March 1, 2018 all clinic members will have the following fee structure as seen on our website:

MEMBERSHIP PRICING DETAILS

Adults

- **Age 18 to 45: \$50 per month or \$600 annually**
- **Age 45-59: \$60 per month or \$720 annually**
- **Age 60+: \$70 per month or \$840 annually**

Kids Under age 18 (Seen by Dr. Lapinskes only):

- **\$30 per month or \$360 annually**
- **\$15 per month or \$180 annually if at least one parent sees Dr. Lapinskes**

Enrollment Fee: \$75 per member, \$150 per household max

Membership includes:

All office visits during clinic hours

Annual comprehensive physical

Labs included with adult physicals at no additional cost:

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Cholesterol Panel
- Thyroid Function (TSH)
- Urinalysis
- Prostate Specific Antigen (if applicable)

Testing Included with Adult Physical: EKG

Additional Member pricing:

- After hours visit (if the issue can't wait): \$50
- House calls/Nursing Home Visits: \$100
- Labs and testing: standard tests included at no charge with annual physical, at other times at our discounted prices or paid with your insurance (if applicable)
- Procedures: transparent pricing will be provided for minor procedures such as laceration repair (sutures), ear wax removal, and minor skin procedures

This fee structure is what we have had for the past year for our new members, but it will be a change for our founding members who joined before March 1st 2017. One thing that will be a change for everyone is that we have eliminated any per visit fee for in-person visits. So, whether you see us once or 10 times in a month, there is never a visit charge for appointments during office hours.

Thank you for entrusting us with your care. We look forward to a continued relationship with you as we work together to pursue health.

Best regards,

Ben Fischer, MD