



# Get to know your provider before you need them

At Everside Health, we do things a bit differently. We want you to schedule an appointment with your provider *before* you're sick. While this might not be what you're used to experiencing with a primary care provider, having an appointment before you have a care need ensures that they know you personally and understand your medical history and needs. That way, should an urgent need arise, they can make the best decision for your care. With first-time appointments available up to 90 minutes, you might find that your Everside provider can meet other needs you least expected, saving you time and money where it counts!

## Four reasons to schedule your appointment now



### Your provider gets the "big picture" of you.

Establishing care with your Everside Health provider helps form a baseline of your health. Your provider can determine your health risk factors and work with you to create an action plan for managing your health.



### You get comprehensive, coordinated care.

Your Everside Health provider can take care of up to 80-90% of your healthcare needs. When outside care is needed, your provider will coordinate referrals and follow-up care with specialists for you.



### You get a trusted healthcare advocate.

The personal attention and extra time spent with your Everside Health provider can support your efforts in making all the right moves toward healthier living.



### You may be able to save time and money.

Your Everside Health provider can help manage ongoing health concerns, which may add up to fewer sick days and lower healthcare costs.

## Comprehensive care

- 24/7 access to manage your care
- Healthy lifestyle coaching
- Same-day or next-day appointments for urgent needs
- Chronic condition management
- Care coordination
- Men's and Women's health
- Pediatrics, including well-child visits
- No cost onsite lab work
- Select, no cost generic medications on site
- And many more services



Download the Everside Health app to create an account or schedule an appointment.

For more information, visit  
[eversidehealth.com/nbhp](https://eversidehealth.com/nbhp)