



COMMUNITY CARE 1ST ADMINISTRATION PROPOSAL FOR MEMBERS



5 Convenient Locations
One Convenient Number (904)-527-2100

WHY CHOOSE COMMUNITY CARE 1ST?

Plan Monthly Rates

\$39 Single

\$70 Two Family Members

\$95 Full Family

If you are struggling to balance with the high cost of traditional health care coverage, increased expenses and less than normal revenues, then the Community Care 1st plan offered by PMC is your "outside of the box" solution.

Urgent Care

- Unlimited access
- 4 convenient locations
- No waiting
- Low \$10 membership fee per office visit
- \$4 member prescription drugs on site
- Trained acute care professionals
- Open 365 days a year
- Extended hours

Primary Care

- Unlimited access by appointment
- 4 convenient locations
- No waiting
- Low \$10 membership fee per office visit
- \$4 prescription drugs on site
- Trained Primary Care professionals

Advanced Diagnostic Services *membership fees apply

MRI - CT Scan - X-ray - Ultrasound - Echocardiogram - Bone Density - Mammogram

***Additional specialties/services offered with membership fee:**

Neurology, Physical Therapy.

Community Care 1st (CC1) is a "Limited Benefit ERISA Plan" sponsored by employers and administered by PMC. The coverage is only available for care provided at one of the five (5) Physicians' Medical Centers – Jax, Inc. (PMC) in Duval and Clay County.

URGENT CARE

Urgent Care treats patients without life threatening emergencies. If you have a life threatening emergency you need to call 911 or go to the nearest emergency room. Patients often require additional medical care after an Urgent Care visit. PMC providers will advise the patient of where and what type of additional medical treatment is necessary. In many cases, the follow up care will not be covered under the Community Care 1st (CC1) Plan.

Membership Fees

- Office Visit – (\$10 membership fee per visit)
- X-Ray – (\$10 membership fee per series)
- Annual Physicals (\$50 membership fee, available after 6 months of enrollment with appointment)

Member Services

The following is a list of the most common seen in the UC setting.

- EKG
- Visual acuity / eye exam
- Splinting
- Lab testing
- Medication injections
- Incision & Drainage of abscesses
- Laceration repair
- Ear lavage
- IV fluids
- Pelvic exams
- Pulse oximetry
- Nebulizer
- School physicals (appointment recommended)
- Flu shots Included (1 flu shot per season as available after 6 months of enrollment with appointment)
- Ear infections
- Asthma/ Shortness of Breath
- Fever
- Cuts/ Scrapes/ Bruises
- Skin infections
- Animal bites
- Urinary/ Bladder Infections
- Wounds/Burns
- Respiratory infections
- Cold/ Flu symptoms
- Migraines
- Fractures
- Many more services...

\$4 Pharmaceuticals (per prescription for all generic drugs included in the CC1 plan * see attached list)

- Other medications available but not offered on \$4 pharmaceutical list.

Lab Tests Performed In House

- Blood Glucose
- KOH prep (skin, hair, nails)
- Urine pregnancy test
- Urinalysis
- Strep test
- Blood/specimen collection included (additional laboratory fees may apply to actual testing performed by an outside lab)

***All other blood or specimen collections not indicated are at an additional cost. Patients will be billed from outside lab.**

PRIMARY CARE

The Community Care 1st Plan offers Primary Care services, many of which are listed below.

Membership fees

- Office Visit – (\$10 membership fee per visit)

Member Services: Primary Care Visit Requires a Scheduled Appointment

- EKG
- Visual acuity / eye exam
- Splinting
- Lab testing
- Medication injections
- Incision & Drainage of abscesses
- Laceration repair
- Ear lavage
- IV fluids
- Pelvic exams
- Pulse oximetry
- Nebulizer
- School physicals (appointment recommended)
- Flu shots Included (1 flu shot per season as available after 6 months of enrollment with appointment)
- Ear infections
- Asthma/ Shortness of Breath
- Fever
- Cuts/ Scrapes/ Bruises
- Skin infections
- Animal bites
- Urinary/ Bladder Infections
- Wounds/Burns
- Respiratory infections
- Cold/ Flu symptoms
- Migraines
- Fractures
- Many more services...

\$4 Pharmaceuticals (per prescription for all generic drugs included in the CC1 plan)*

- Other medications available but not offered on \$4 pharmaceutical list.

Lab Tests Performed In House

- Blood Glucose
- KOH prep (skin, hair, nails)
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- Urinalysis
- Strep test
- Blood/specimen collection included (additional laboratory fees may apply to actual testing performed by an outside lab)

***All other blood or specimen collections not indicated are at an additional cost. Members will be billed from outside lab.**

**Prescriptions are dispensed at our facilities and are only covered if available at the clinic at the time of service. Although most generic prescriptions will be available most of the time, we make no guarantees that they will be available all of the time. See attached CC1 pharmacy list for medications included.*

**Tests are only available if they are medically necessary and prescribed by a PMC medical provider. Tests may be performed at a separate medical facility.*

**All motor vehicle injuries and Workers' Compensation accidents will be filed with the motor vehicle insurance or Workers' Compensation insurance.*

\$4 PHARMACY LIST

Antibiotics, Arthritis & Pain

- Amoxicillin 500mg caps Qty 30
- Amoxicillin 125mg susp Qty 150ml
- Amoxicillin 250mg susp Qty 150ml
- Amoxicillin 400mg susp Qty 100ml
- Azithromycin 250mg tabs Qty 6
- Cephalexin 500mg caps Qty 30
- Ciprofloxacin 500mg tabs Qty 20
- Doxycycline 100mg caps Qty 20
- Metronidazole 500mg tabs Qty 14 or 4
- Bactrim DS tabs Qty 14, 20, or 6
- Bactrim pediatric susp Qty 100ml
- Baclofen 10mg tabs Qty 30
- Cyclobenzaprine 10mg tabs Qty 30
- Ibuprofen 800mg tabs Qty 30
- Meloxicam 15mg tabs Qty 30
- Meloxicam 7.5mg tabs Qty 30
- Naprosyn 500mg tabs Qty 60
- Tramadol 500mg tabs Qty 30

Ear, Eye, and Other Medications

- Antipyrine/Benz 5.4-1.4% solu Qty 15ml
- Erythromycin oint Qty 3.5gm
- Neo/poly-HC otic gtts Qty
- Trimeth/polymix ophth 10mu-0.1% gtts
- Chlorphen/Phenylephrine HCl Qty 4oz
- Loratadine 10mg tabs Qty 30
- Methylpred Dospak 4mg tabs Qty 21
- Phenazopyridine 200mg tabs Qty 9
- Prednisolone 15mg/5ml syrup Qty 8oz
- Prednisone 20mg tabs Qty 20

Fungal Infection

- Fluconazole 150mg tabs Qty 1

Gastrointestinal

- Promethazine 200mg tabs Qty 9

***Durable Medical Equipment (DME) is available at all locations at an additional cost. See PMC associate for details on pricing.**

Examples of DME products include but are not limited to:

- Crutches
- Wrist brace
- Ankle brace
- Neck braces
- Slings
- Orthopedic shoes

Child & Adolescent Immunization Schedules 2010

Vaccine ▼	Age ►	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19–23 months	2–3 years	4–6 years
Hepatitis B ¹	HepB		HepB			HepB						
Rotavirus ²			RV	RV	RV	RV ²						
Diphtheria, Tetanus, Pertussis ³			DTaP	DTaP	DTaP	<i>see footnote³</i>	DTaP					DTaP
<i>Haemophilus influenzae</i> type b ⁴			Hib	Hib	Hib ⁴		Hib					
Pneumococcal ⁵			PCV	PCV	PCV		PCV				PPSV	
Inactivated Poliovirus ⁶			IPV	IPV		IPV						IPV
Influenza ⁷							Influenza (Yearly)					
Measles, Mumps, Rubella ⁸							MMR			<i>see footnote⁸</i>		MMR
Varicella ⁹							Varicella			<i>see footnote⁹</i>		Varicella
Hepatitis A ¹⁰							HepA (2 doses)				HepA Series	
Meningococcal ¹¹												MCV

Range of recommended ages for all children except certain high-risk groups

Range of recommended ages for certain high-risk groups

Vaccine ▼	Age ►	7–10 years	11–12 years	13–18 years
Tetanus, Diphtheria, Pertussis ¹			Tdap	Tdap
Human Papillomavirus ²		<i>see footnote 2</i>	HPV (3 doses)	HPV series
Meningococcal ³		MCV	MCV	MCV
Influenza ⁴		Influenza (Yearly)		
Pneumococcal ⁵		PPSV		
Hepatitis A ⁶		HepA Series		
Hepatitis B ⁷		Hep B Series		
Inactivated Poliovirus ⁸		IPV Series		
Measles, Mumps, Rubella ⁹		MMR Series		
Varicella ¹⁰		Varicella Series		

Range of recommended ages for all children except certain high-risk groups

Range of recommended ages for catch-up immunization

Range of recommended ages for certain high-risk groups

***Vaccinations are available to a CC1 member at PMC's cost.**

PHYSICAL THERAPY

Licensed Physical Therapist Licensed Physical Therapy Assistants

The Community Care 1st Plan offers Physical Therapy services; these services require a prescription from one of our CC1 providers.

Membership fees

- Office Visit – (\$10 membership fee per visit)

Member Services

Physical Therapy provides a thorough rehabilitation program with an emphasis on fitness, education, and prevention. Hands-on attention is given to reduce pain and normalize function, while individualized programs are carefully designed for each patient, both in the clinic and at home. These highly trained professionals are dedicated to providing the optimum in **Physical Therapy** care.

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**Tests are only available if they are medically necessary and prescribed by a PMC medical provider. Tests may be performed at a separate medical facility.*

**All motor vehicle injuries and Workers' Compensation accidents will be filed with the motor vehicle insurance or Workers' Compensation insurance.*

NEUROLOGY

The Community Care 1st Plan offers Neurology services, many of which are listed below.

Membership fees

- Office Visit – (\$50 membership fee per visit)
- Electromyogram Testing (EMG) – (membership fee \$TBD)
- Nerve Conduction Study (NCS) – (membership fee \$TBD)

Member Services

What do we treat?

Our practice is focused on adult out-patient neurology to include:

- Headaches including tension headaches, cluster headaches and migraines.
- Neck and back pain with or without disc injuries including Radiculopathy and "Sciatica".
- Peripheral neuropathies causing numbness, pain, tingling or weakness in the extremities.
- Associated disorders including diabetes, metabolic and autoimmune diseases and nutritional deficiencies.

What is a Neurologist?

A Neurologist is a physician who diagnoses and treats disorders of the nervous system. These include disorders affecting the brain, spinal cord, nerves and muscles. Neurologists serve as consultants to other physicians and provide direct care to patients with neurological concerns and disorders.

What is Neurology?

Neurology is the study of the human nervous system which includes the brain, spinal cord, peripheral nerves, neuromuscular junction, neurotransmitters and end-organs, such as muscles.

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OUT PATIENT DIAGNOSTIC TESTING

THESE SERVICES REQUIRE A REFERRAL FROM ONE OF OUR PHYSICIANS.

***All testing requires an appointment.**

Diagnostic Testing

- \$100 membership fee for MRI, CT Scans**
- \$150 membership fee for MRI w/contrast, CT w/contrast**
- \$10 membership fee for X-rays**
- \$25 membership fee for Bone density tests**
- \$80 membership fee for Mammograms**
- \$125 membership fee for Diagnostic Mammograms**
- \$25 membership fee for Ultrasound**
- \$25 membership fee for Echocardiogram**

Testing will be Offsite and by appointment only

MRI

Hours of Operation		
MRI	7:00 AM - 10:00 PM	M-F
MRI	8:30 AM - 3:00 PM	Sat
US	7:30 AM - 3:30 PM	M-F
X-Ray	8:00 AM - 4:00 PM	M-F

Imaging

Hours of Operation		
Routine Diagnostic Radiology	7:30 AM - 5:00 PM	M-F
CT Scan	8:00 AM - 4:00 PM	M-F
Bone Density	8:00 AM - 5:00 PM	M-F
Ultrasound	7:00 AM - 6:00 PM	M, T, W 7:00-3:00 Th-F
Mammography ACR MAP #15000 & MSQA #224992	8:00 AM - 5:00 PM	Some Saturdays 8-12 (evening hours by appointment)
MRI	7:00 AM - 7:00 PM	M-Th; Fri 7:00AM - 5:00 PM Sat 8:00 AM - 12:00 PM

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5 CONVENIENT LOCATIONS

One Convenient Number (904)-527-2100

ORANGE PARK

Physicians Medical Centers – Jax, Inc.
2020 Kingsley Avenue, Suite A
Orange Park, FL 32073
Open 8:00 am - 8:30 pm



MANDARIN

Physicians Medical Centers – Jax, Inc.
9826 San Jose Boulevard
Jacksonville, FL 32257
Open 8:00 am - 8:30 pm



NORTHSIDE

Physicians Medical Centers – Jax, Inc.
1680 Dunn Avenue, Suite 39
Jacksonville, FL 32218
Open 8:00 am - 8:00 pm



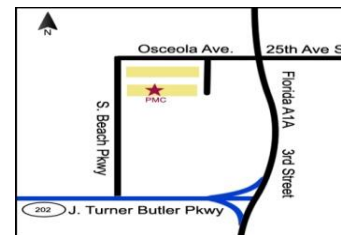
SOUTHSIDE

Physicians Medical Centers – Jax, Inc.
5960 Beach Boulevard, Suite 3
Jacksonville, FL 32207
Open 8:00 am - 8:30 pm



BEACHES (PHYSICAL THERAPY ONLY)

Physicians Medical Centers – Jax, Inc.
1361 13th Ave. South
The Links, Suite 160
Jacksonville Beach, FL 32250
PH: (904) 527-2110
By Appointment Only



EMPLOYER FEE SCHEDULE

COMMUNITY CARE 1ST MEMBER PLAN ADMINISTRATION

COMMUNITY CARE 1ST MEMBER PLAN SERVICE PACKAGE

Administration Set-Up and Renewal Fee

**\$15 / Employee
(\$750 Maximum)**

Includes

1. System Programming
2. Issuing of Two ID Cards Per Family
3. Standard Communication Package Electronic Templates that include: Question and Answer, Employee Flyer, List of Eligible Services Covered, Enrollment Form, Claim Form, Employee Brochure
4. Includes Non-Discrimination Testing
5. Preparation of Plan Document and Summary Plan Description

EMPLOYER Plan Costs*

1. Single Employee
Employee Plus One Dependent
Family

**\$39.00 / Month
\$70.00 / Month
\$95.00 / Month**

***Costs are guaranteed for one year**

Quote valid until: _____

Please note CC1 does not provide Form 5500 filings as required by the Department of Labor. However you are required to file if you have more than 100 participants.

PROPOSAL ASSUMPTIONS

1. DEFINITIONS

- A. "Participant" -An eligible employee electing to have pre-taxed, payroll deductions made for ERISA Plan benefits. If applicable, a qualified beneficiary (COBRA) will be considered a participant to the extent they are allowed to participate under the Community Care 1st Plan.
- B. "Number of Employees" - The number of employees who are eligible to participate in the employer's group health plans.

2. COMMUNITY CARE 1ST PLAN PROPOSAL ASSUMPTIONS

- A. Changes in the employer's initial set-up and implementation parameters that require changes to either computer system or administrative processes must be requested in writing and reviewed by PMC for feasibility, pricing and scheduling.
- B. Fees quoted in this proposal are based on the information available prior to quoting and PMC reserves the right to change, amend or withdraw this proposal if there is a significant change in information.
 - 1. Fees quoted are subject to change based on significant differences in number of employees, participants, locations: and changes in plan administration requirements (mid-year enrollments; premium changes); the employer's filing status.
- C. Annual Renewal Set-Up Fee is based on the current group demographics, locations, plans and services. All Fees, including Monthly Administration Fee, may be increased if there are any system set-up changes as a result of changes in plan provisions, locations, employee population, etc. and the new fees could be more than the initial set-up fees and will be based on current pricing structure. Notice of increase in Fees will be given thirty-days (30) prior to annual enrollment.
- D. If PMC issues Plan Documents, Summary Plan Descriptions and/or Amendments and forms, it is the employer's responsibility to have a formal review conducted by its legal counsel.
- E. Travel and accommodations: printing, reproduction, postage, shipping and special customization costs are at the expense of the employer.
- F. Participant's receipt of the ID card by the effective date of the Plan is contingent on fulfillment of implementation deadlines that will be provided to the employer specifying time lines for receipt of information by PMC from employer.
- G. All fees for implementation services provided by PMC must be paid prior to initiation of systems and service set-up. If administration is not implemented due to the employer's decision not to proceed with PMC administration, all fees for services rendered by PMC will be due and payable by the employer.

