



# INTEGRATIVE HEALTH CENTER



## University of Arizona Integrative Health Center

A comprehensive primary care center in central Phoenix, designed by the world's leading integrative medicine institution in affiliation with District Medical Group



ARIZONA CENTER FOR  
**Integrative Medicine**



The University of Arizona Integrative Health Center (UAIHC) will treat you to a level of customer service unparalleled in the industry.

You will receive a full spectrum of primary care services, where your physician will take interest in you as a whole person (taking into account any existing health conditions, lifestyle, diet and exercise) and provide you with a broad range of conventional and complementary health services to best suit your needs. A team of practitioners will work together to guide you in finding your own path to health and wellness.

### **Clinicians on-staff will include:**

- two integrative physicians (MDs)
- an integrative Nurse Practitioner or integrative Physician Assistant
- Traditional Chinese Medicine practitioners\*
- an integrative chiropractor\*
- a mind-body practitioner\*
- integrative nutritionists\*
- integrative health coaches

Our primary care providers are all graduates of the University of Arizona Center for Integrative Medicine (AzCIM) Fellowship in Integrative Medicine – the top program in integrative medical education worldwide.

The Integrative Health Center is an affiliation between the University of Arizona Center for Integrative Medicine (AzCIM), District Medical Group and the University of Arizona College of Medicine – Phoenix.

### **Integrative Medicine Consults**

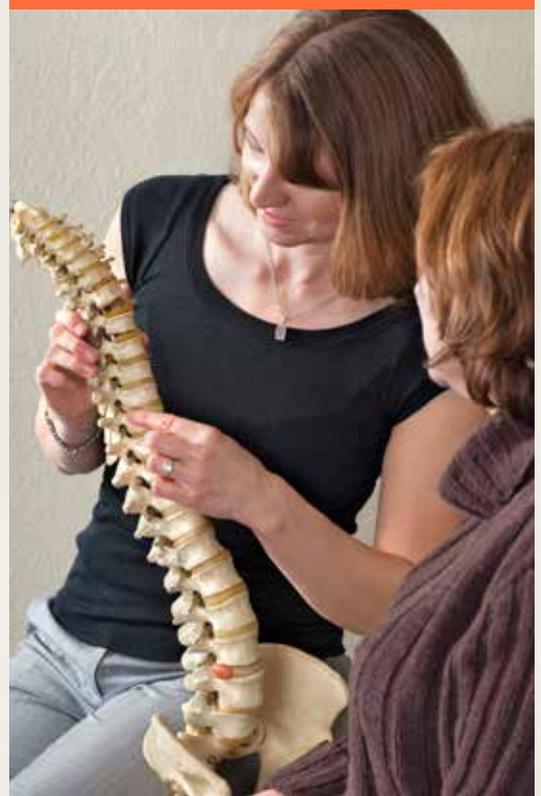
For those seeking integrative consultation but not primary care, consults will be available. The consultations provided at the Center will include 1-2 visits with the integrative primary care physician, a visit with the nutritionist, and a visit with one of the other complementary practitioners. Each individual's health insurance plan will be billed for the physician consultation and applicable charges, co-pays, or deductibles will be collected. Additionally, a fee of \$250 will be charged for the complementary practitioner services.

\*Complementary practitioners

## **Integrative medicine**

Integrative medicine (IM) is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

Integrative medicine neither rejects conventional medicine nor accepts alternative therapies uncritically. Instead, practitioners are taught that good medicine is based on good science; it is inquiry-driven and open to new modalities of healing. Effective interventions that are natural, less invasive, and more cost-effective should be used whenever possible. Alongside the concepts of treatment, the broader concepts of health promotion and the prevention of illness are paramount.



## Benefits of membership

The Integrative Health Center offers a wide range of benefits unmatched in regular primary care environments.

### All members are promised:

- longer office visits
- shorter wait times for appointments
- increased access to practitioners via telephone and email
- a personal health coach
- a personal nutritionist



The Center's physicians will be in-network providers for many commercial insurers and Medicare. The member's insurance plan will be billed for the primary care services provided, and co-pays or deductibles will be collected according to each patient's benefit plan.

However, the Center functions as a membership model. To become a member and receive comprehensive integrative care, as a patient, you must choose a membership package and pay a Health Partnership fee monthly or annually. This fee covers a set number of visits with the Integrative Health Center's complementary care providers and health coaches, as well as access to educational courses in your area of interest. You may choose between three bundles of typically non-covered services based on how many services you anticipate using.

## Yearly center membership packages

	Price	* Complementary practitioners visits/yr	Health Coach Sessions/yr	Courses in interest areas/yr
<b>Basic Bundle</b>	\$50/month or \$500/yr	5	2	2
<b>Core Bundle</b>	\$75/month or \$750/yr	10	4	4
<b>Expanded Bundle</b>	\$125/month or \$1,250/yr	20	8	8

\* Complementary practitioners at the Center include Traditional Chinese Medicine practitioners, integrative chiropractors, mind-body professionals and nutritionists.

No co-pay will be required for the visits with the complementary care providers, health coaches, or courses. In some cases the Center's fees may be paid using your employer-based Health Savings Accounts (HSA) or Flexible Spending Accounts (FSA). See your HR representative for specific details on HSA benefits coverage.

## About the Arizona Center for Integrative Medicine

The Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. The Arizona Center for Integrative Medicine was founded in 1994 at the University of Arizona by Andrew Weil, MD. Since then, the Center has grown from a visionary concept to the recognized world leader in integrative medicine with focused efforts in three areas: education, clinical care and research. To learn more about the AzCIM, please visit [www.azcim.org](http://www.azcim.org)



## About District Medical Group

District Medical Group (DMG) is a non-profit faculty practice plan owned and operated by physicians consisting of more than 350 providers who represent all the major medical and surgical specialties and subspecialties. DMG is the academic faculty practice plan for University of Arizona College of Medicine-Phoenix. Professional clinical services encompass all physician and mid-level clinicians, staffing a 333 bed acute care hospital, a 190 bed psychiatric hospital, 11 regional Federally Qualified Health Centers-LA and other specialty services. District Medical Group's mission is to improve the health and well-being of individuals in Arizona based on a balanced program of patient care, education, research, and community service. For more information about District Medical Group, please visit [www.dmgaz.org](http://www.dmgaz.org).

For more information about the Integrative Health Center...

Website: [ihc.arizona.edu](http://ihc.arizona.edu)  
Social: [www.facebook.com/UAIIntegrativeHeathCenter](https://www.facebook.com/UAIIntegrativeHeathCenter)  
Email: [info@azintegrativeclinic.org](mailto:info@azintegrativeclinic.org)  
Tel: 602.470.5577  
Address: 3033 N. Central Avenue, Suite 700  
Phoenix, Arizona 85012