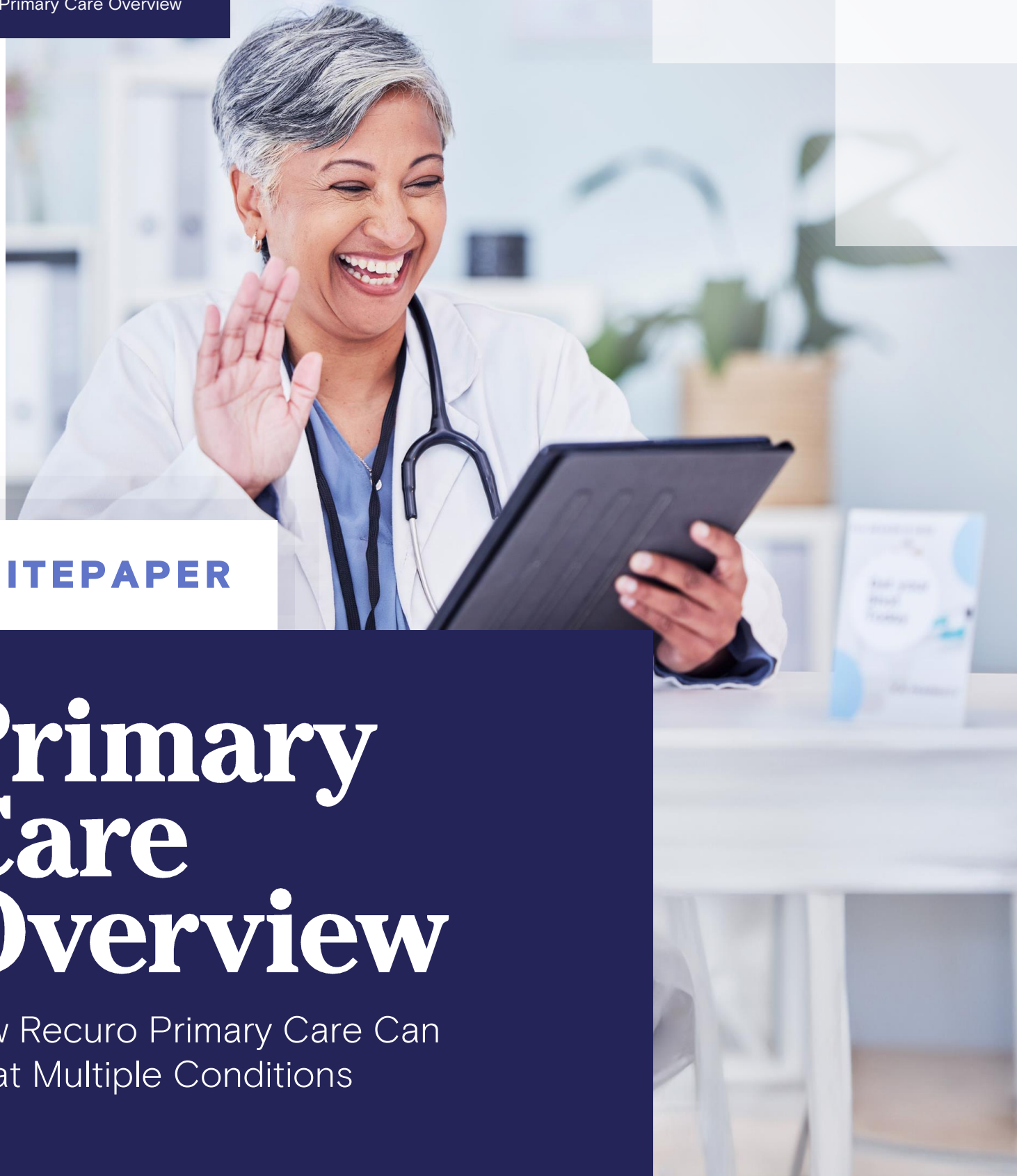


2024 Edition

Recuro Primary Care Overview



WHITEPAPER

Primary Care Overview

How Recuro Primary Care Can
Treat Multiple Conditions



Scan QR Code for a FREE Demo
info@recurohealth.com
[855.6RECURO](tel:855.6RECURO)



RECURO
HEALTH

2024 Edition

Recuro Primary Care Overview



Convenient Care Access

Using our user-friendly app and member portal, you can easily connect with your healthcare providers in real-time, all from the comfort of your home. Rest assured that your virtual care visit is entirely confidential to protect your privacy. Upload images or videos of any symptoms through our HIPAA secure platform. Our board-certified physicians will then promptly address any concerns. Need a prescription? Recuro can send it directly to your preferred local pharmacy. Your well-being is at the heart of what we do – let's get you healthy, so you can get back to living your best life.

"I was a first-time user and couldn't be happier with my experience. Everything was so easy and fast! When you're sick the last thing you want to do is sit in a waiting room forever so being able to do all of this from the comfort of my house is amazing! The doctor was so nice and really cared about what problems I was having. My prescriptions were sent to my pharmacy within minutes."



Patient

Fort Worth, TX

Integrated Prescriptions

Prescriptions are immediately sent to the patient's preferred pharmacy for easy pickup

24/7 Nationwide Access

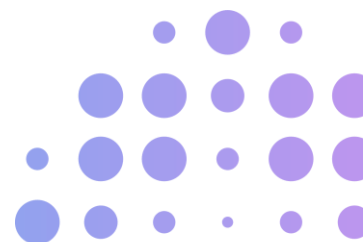
Recuro care providers are available whenever our patients need them, day or night all-year round

Multilingual Options

Live video, phone, and messaging options include multilingual capabilities so patients receive personalized care

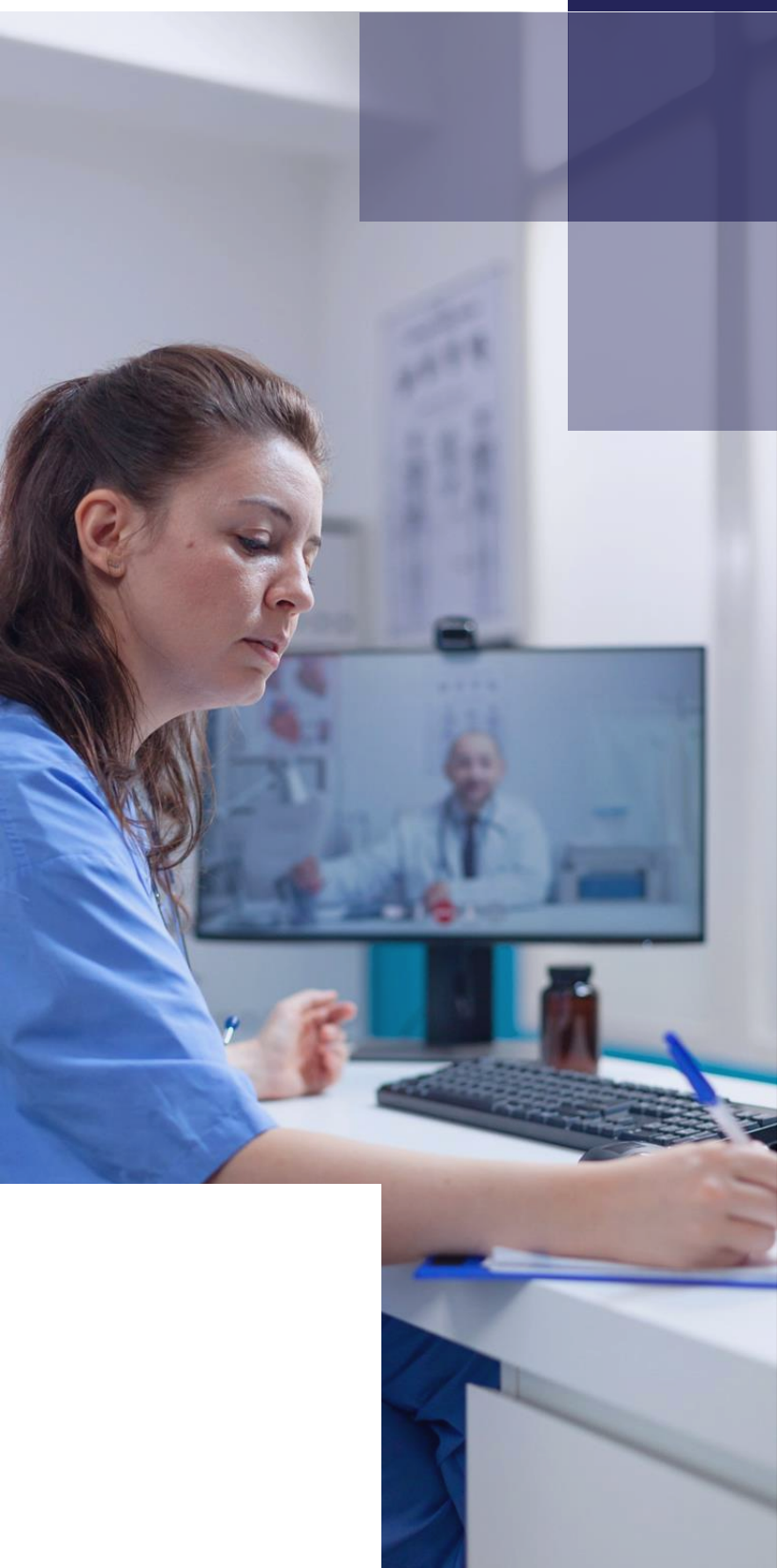
Board-Certified Physicians

See a doctor in less than 9mins for Urgent Care visits, and 24-48hrs for Primary Care consults



2024 Edition

Recuro Primary Care Overview



Virtual Care Solutions

In-Network Specialists & Coordinated Referrals

Recuro makes finding clinical specialists hassle-free. Your health files can be seamlessly and securely shared to ensure you receive coordinated care without having to track down your own medical records. Best of all – you don't have to wait to find a specialist. Book a Recuro Primary Care visit and see a provider within 48-72 hours. When you see a virtual primary care physician (PCP), you aren't left to figure out the next steps on your own. The Recuro care team will help you find in-network specialists to meet your health goals and will coordinate your referral across care services. Think of Recuro's PCP as your personal healthcare quarterback. Your dedicated doctor will help coordinate your medications and assist you with how and when to take your prescriptions – providing you with holistic care management from end to end.

Be Proactive, Get Your Health Risk Assessment

Have you been putting off seeing the doctor? Delayed care can compound into serious health consequences – often resulting in more costly treatments down the line. Uncertainty is never the right decision. Know your health risk factors before they become unavoidable. Take Recuro's Health Assessment, a simple questionnaire covering family history, smoking habits, and other medical risk indicators that can identify underlying and predisposed conditions. Your dedicated Recuro primary care physician will review your responses during your virtual visit to help you understand how lifestyle choices and other factors impact your health over time. Most importantly, using the Recuro app – you are provided actionable steps to better manage their health and prevent avoidable care costs before you get sick!

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Recuro Primary Care Overview



"It is such a relief having the Recuro Health app! I forgot to get my refill in time and was having withdrawal symptoms. It took 35min from making my appointment to picking up my prescription. I can honestly say without Recuro, I would have simply forgotten to take my medication. I've never had this kind of support system."



Patient

Tampa, FL

Primary Capabilities

Recuro's Primary Care offering provides virtual access to top primary care physicians dedicated to understanding patient needs and developing a tailored care plan with ongoing access to care via message-based or video interactions. Patients can choose a consistent provider who meets their needs and preferences. Our comprehensive health assessments identify health issues early using an easy survey and/or at-home genetic or lab screenings, informing patients about targeted interventions. Lab tests are delivered to the patient's doorstep and easily returned in prepaid packages. Patients also have access to a comprehensive health assessment that covers physical and behavioral health treatments. A segment of our providers are Spanish-speaking, and the entire Recuro network has access to multilingual services, which can be accessed from the portal during a consultation. Best of all, all patients also get 24/7 urgent care access included in our primary care solution.

Capability

Description

Dedicated Physician

Patients can choose a consistent provider who meets their needs and preferences

At-Home Labs

Lab tests are delivered to patients' doorsteps, easily returned in prepaid packages

Genomics

Genetic testing to tailor medications (PGx) and identify risk for hereditary conditions

Integrated Prescriptions

Prescriptions are sent to the patient's preferred pharmacy for easy pickup

Health Risk Assessment

A comprehensive risk assessment covers physical and behavioral health & lifestyle

Condition Management

Care teams identify and manage chronic conditions on an ongoing basis

Integrated Urgent Care

24/7 urgent care access is included in the primary care solution

Growing Primary Care Shortage

In the ever-changing landscape of Primary Care, the traditional role of the neighborhood doctor is being reshaped. Major players like hospitals, insurers such as Aetna-CVS Health, and corporate giants like Amazon are rapidly acquiring primary care practices, signaling a shift away from the familiar concept of a local doctor.

Today's Provider Problem

The shortage of physicians is worsening as new entrants into the field fall behind current demand. Factors include lower salaries in primary care, doctor burnout from electronic health record systems, and the retirement/sale of practices. Hospitals, insurers, and corporate entities like Amazon are acquiring practices, shifting business away from traditional neighborhood doctors. Currently, 48% of primary care physicians work in non-owned practices, with two-thirds employed by private equity or corporate entities. [1] This results in inconsistent care, possibly provided by non-doctors, such as a nurse practitioner or a physician assistant. Changes in state laws and Medicare policies have accelerated this trend. Recuro Primary Care is expanding virtual services to address the growing need for quality primary care.

Hospital Closures Impact Access

Rural hospitals are vanishing, leaving a gaping hole in healthcare accessibility. Luckily at Recuro, we're not idly standing by – we're tackling this crisis head-on. Our dynamic virtual solutions, including Recuro Primary Care and Recuro Urgent Care, bridge the healthcare divide for millions in rural America. Together, we can ensure that every individual, no matter where they reside, has affordable and timely access to quality care. The threat is real: 30% of all rural hospitals (that's over 600) are on the brink of closure due to financial turmoil. [2] That's where Recuro's true value shines through, increase access and health equity across all demographics and rural communities.

Higher Demand Meets Low Supply & Longer Waits

Overall, the demand for primary care is increasing, partially driven by the high enrollment in Affordable Care Act plans. However, this surge in patients, combined with the limited supply of doctors, has led to a steady decline in access. This has resulted in longer wait times, delayed care, and poor health outcomes. On average, it now takes 21 days to secure an appointment with a family doctor. [3] With Recuro Primary Care the average wait time for seeing a primary physician is 24-48hrs.



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Recuro Primary Care Overview

How Millennials and Recuro Are Leading New Care Trends

In response to the evolving healthcare landscape, Recuro Primary Care is at the forefront of meeting the distinct needs of millennials, recognizing their inclination towards virtual care for its shorter wait times. This trend is particularly prominent among millennials, who prioritize convenience.

This is evident by the recent surge in popularity of retail clinics, exemplified by a remarkable 200% growth in utilization over the past five years; underscoring the increasing preference for accessible alternatives. [4] While these options provide valuable alternatives, health policy experts emphasize the significance of maintaining ongoing relationships with regular healthcare providers, especially as individuals age and encounter potential chronic conditions.

Looking ahead, the anticipated dominance of millennials in the workforce, estimated to reach 75% by 2025, solidifies virtual care as the new normal for primary care. Recuro Health is actively addressing this shift, not only by aligning with the preferences of millennials but also by extending our commitment to ensuring healthcare access in rural areas, thus shaping the future of healthcare accessibility.

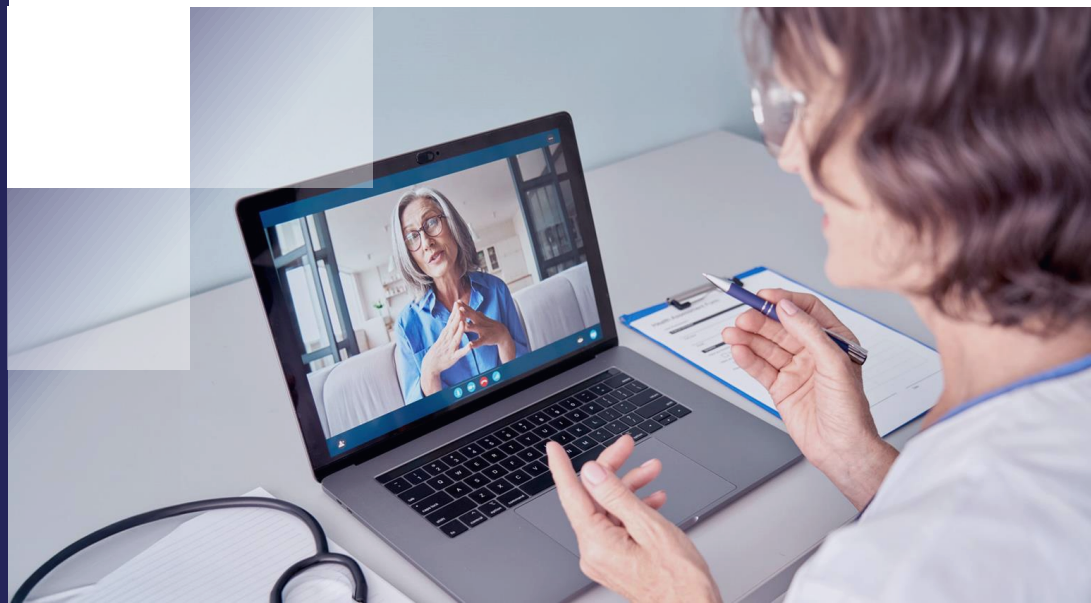
Tomorrow's Healthcare Landscape

Studies demonstrate that patients with a regular primary care doctor or practice are more likely to receive preventive care, such as cancer screenings and flu shots, and have a lower mortality rate in the event of a heart attack. [5] Physicians who see patients regularly are better equipped to identify patterns in seemingly minor concerns that may signify more significant health problems.

The evolving landscape of primary care presents transformations and challenges that can significantly impact patients' access and quality of care. The traditional role of the neighborhood doctor is being reshaped as hospitals, insurers, and corporate entities acquire primary care practices. The shortage of physicians, longer wait times for appointments, and changing patient preferences contribute to the decline in patients reporting a usual source of care.

The shift towards alternatives like retail clinics offers convenience but risks severing ongoing relationships with regular healthcare providers. Maintaining a consistent source of care has demonstrated positive effects on medical outcomes and preventive care. As the primary care landscape continues to evolve, it is crucial to address the complexity of coordinating care and ensure accessible, high-quality primary care for all patients. That's where Recuro comes in! It's estimated 33% of Americans do not have an established Primary Care Provider as of today. [6] With Recuro's VPC solution, members have the option to choose a dedicated physician to see on each virtual visit. Imagine establishing consistent care with a doctor who knows your medical history and can provide personalized treatment plans. Best of all with our Complete Care offering, you get access to:

- A Dedicated Physician
- Convenient At-Home Labs
- Optional Genomics Testing
- Integrated Behavioral Health
- Chronic Care Management
- Health Risk Assessments
- Integrated Prescriptions
- Coordinated Urgent Care



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Recuro Primary Care Overview

Virtual Care Advantages

Enhanced Access & Care Coordination

Almost 1 in 3 Americans live in an area with a primary health provider shortage. [7] Virtual primary care expands access to doctors and eliminates geographic limitations, ensuring individuals can receive the care they need. Virtual care proves to be a “more convenient, more accessible, and equally effective means of primary care” when it comes to managing chronic diseases and preventive care. Within the virtual primary care setting, doctors and care teams engage in hands-on, value-based care, offering thoughtful referrals and seamless care navigation.

Better Mental Health Support

VPC is taking a proactive approach to behavioral health as compared to in-person care. Recent research indicates patients who utilize virtual primary care are screened more regularly for signs of depression and anxiety. Moreover, a majority of patients express a preference for virtual care in both primary care and mental health, with 94% rating their virtual visits as “good” or “excellent”. [8]

Extended Visits & Enhanced Trust

In a virtual setting that veers away from the fee-for-service physician model, patients have the opportunity to spend more quality time with doctors. This allows for the customization of treatment plans that cater specifically to their health needs. On average, patients spend approximately 30 minutes with their virtual primary care doctors, a significant improvement compared to the mere 7 minutes spent during in-person visits. [9]

Member Convenience

Through video or phone consultations, patients can effortlessly connect with doctors at their convenience, regardless of time and location. Virtual primary care offers flexible scheduling, including off-hours and weekend appointments, eliminating the need for travel or taking time off work. In today’s demanding world of AI and increased workplace proficiency, Virtual Primary Care presents a more accessible alternative to the time demands of working parents. In-person appointments are hard to get and can result in weeks of waiting for availability.

Proactive Approach & Initialized Care

Virtual primary care doctors who operate independently of large medical systems possess greater autonomy and time to prioritize the best interests of their patients, unburdened by reimbursement constraints or the demands of large hospital management. This proactive approach involves reaching out to patients before and after visits to ensure they complete their appointments and adhere to care recommendations.

Cost Containment & Claims Reduction

Opting for a standalone virtual primary care solution eliminates copays and the need for medical claims for visits, reducing both patient and employer healthcare expenditure.





VPC Manages Ongoing Conditions

With Reкуро Primary Care, we're empowering patients to better manage their ongoing conditions. For those dealing with diabetes, hypertension, or asthma, consistent/compassionate care is crucial. Did you know 60% of U.S. adults have at least one chronic disease? [10] This leads to increased time off work for treatment, costing \$3.7 Trillion in lost productivity in 2016. [11] Managing chronic conditions involves navigating complex healthcare systems. With Virtual Primary Care, get personalized support, stay on track, and avoid commute hassles. Our VPC offering includes award-winning chronic condition management, delivering real-time data and coaching for healthier living. Explore the Top 6 Ways our VPC solution aids ongoing condition management:

Prioritizing Regular Checkups

Getting in to see your doctor can be tough when you factor in doctor office hours, commutes, taking time off from work and a lot more. Through regular virtual visits with your doctor, you will be able to stay on top of your health condition and make adjustments as needed so that you're feeling healthy and strong.

Providing Overall Health Support

There is no substitute for seeing a doctor when you are feeling unwell. Because of this, we make it easy for you to get the care you need. Whether you need help managing a chronic disease or working towards specific health goals, your virtual primary care physician is here to help.

Ordering Screenings & Lab Tests

The importance of knowing what's going on in your body cannot be overstated. Screenings and lab tests can help you understand what's going on and determine other factors that could be affecting your health. Managing these labs through coordinated primary care is essential to create a whole picture.

Monitoring & Managing Medications

Managing medication alone can be challenging. When your medication isn't working for you, your doctor can help you understand the side effects, recognize potential drug interactions, and readjust your medication. If you have any concerns or questions about something you're taking, just schedule an appointment easily through the app.

Obtaining Specialized Referrals

You can work with your doctor to coordinate your care needs. This may be for your mental health or to see a specialist. Consult with an OB/GYN, a dermatologist, a fertility specialist, even a mental health professional! If you need a more specialized form of care, your PCP will coordinate it for you.

Planning a Personalized Approach

Managing an ongoing health condition alone can be isolating and overwhelming. Your situation might not be relatable to everyone. When you have the right virtual care team behind you, you can feel confident and set up for success. Reкуро Health's care team is here to empower, educate, and support you so that you can make the best choices for your health.

How To Treat Diabetes with VPC

There are 38M Americans with diabetes (11% of the population) according to the Centers for Disease Control and Prevention. [12] It is estimated that 96M adults are affected by pre-diabetes, a diagnosis that can be prevented. Nearly 38% of the adult population in the United States suffer from pre-diabetes. Employers incur \$90B in indirect costs (such as absenteeism and lost productivity) and \$327B in direct costs for diabetes care, consuming 1 in 4 healthcare dollars! [13] With numbers like this, it's obvious VPC is an amazing savings opportunity for employers. Recuro's Virtual Primary Care program is a great way for employers to provide virtual-based diabetes care to members who desperately need support, including:

Patient-centered decision-making

As described in a Mayo Clinic study, "shared decision-making is a collaborative process in which patients and clinicians work together to make informed decisions. This dialogue aims to identify reasonable management options that fit and address the patient's unique situation." Virtual primary care allows patients and doctors to collaborate and communicate wherever and whenever is convenient for them. Patients can communicate with their primary care providers via telephone or video calls to facilitate shared decision-making. As a result, patients have more time to discuss behavior changes with their doctors that can improve diabetes management, such as losing weight, exercising or modifying diet.

Detailed diabetes care checklists

Doctors managing diabetes must perform various tasks, including checking A1c every 3 months, referring patients for yearly retina exams, and monitoring kidney function through blood and urine tests. Integrated checklists in Recuro's Virtual Primary Care streamline these tasks, enabling collaborative completion by doctors and diabetic patients.

Age-appropriate screening based on guidelines

People with diabetes need age-appropriate screenings for overall health. These include assessments for hypertension, high cholesterol, depression, smoking, and substance abuse. Virtual primary care efficiently coordinates these screenings. Patients can perform home blood pressure checks, and virtual orders for blood tests eliminate the need for in-person visits. Virtual Primary Care facilitates assessments for depression and healthy behaviors through questionnaires.



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Recuro Primary Care Overview



Early Detection Can Make a Difference

Almost 133 million American adults have at least one chronic condition, that's almost half the population! [14] When managed properly, chronic disease doesn't necessarily mean a drastic change to your life or lifestyle. That being said, some chronic conditions are progressive, meaning they can get worse over time if they aren't properly managed; others can cause additional health issues if they are not managed or controlled. This is why having access to primary care can be so important. Not only can your provider help to identify the signs and symptoms of these conditions—and either diagnose you themselves or refer you to a specialist who can diagnose you—but they will also be an important part of your care team when it comes to managing your condition.

Detection is Prevention

Having a family doctor or another primary care provider is a strong predictor of your ability to access care in the broader healthcare system—including non-emergency surgery, diagnostic testing, and referrals to specialists. A primary care provider (or PCP) is, for many, their main point of contact for understanding their health. Whether for regular check-ups or to manage health issues or questions as they come up, having a PCP can be a reassuring presence to ensure timely access to healthcare.

Chronic Diseases & Primary Care Accessibility

Not all chronic conditions show up with a sudden, big change. For chronic conditions such as high blood pressure, hypothyroidism, and even mental health conditions like anxiety and depression, the onset of signs and symptoms can be slow and may not drive you to the doctor until they become too much to manage on your own. If you consistently use the same provider to access primary care—whether that means the same clinic, doctor, or team of physicians—your personal medical record will be updated from one appointment to the next. That means that your provider can easily look back at your medical history to identify changes. If you have access to your medical record, you may also be able to spot changes in your health over time. If you have notes about when certain symptoms began and how they felt then, it can also help you or your provider recognize how they may have progressed since. In some cases, these changes can point to the development of health issues—from minor to more serious—and having a PCP who helps you catch these conditions early can help you manage them over the long term.

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Recurro Primary Care Overview



High Blood Pressure

According to the CDC, nearly half of American adults (47%) have high blood pressure (hypertension) [15], making it the most common chronic condition in the country. Hypertension is often a silent condition, which means it may not be the reason for an appointment. Rather, it is something your PCP might catch at a regular check-up or, depending on your age and risk factors, through proactive screening. Having a PCP as well as a medical record that clearly outlines your family history as well as your personal risk factors can help with early detection of hypertension. High blood pressure is a leading risk factor for stroke and heart disease, so detecting it early and managing it (via lifestyle changes and/or medication) is important.

Mental Health Issues

Even though they may not be openly talked about as much as some other conditions, an estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives. [16] And if we think about mental health more broadly, it is estimated that more than one in five U.S. adults live with a mental illness (57.8 million in 2021). [17] Considering the link between mental and physical health, it is important to speak to a doctor if you feel “down” or anxious on a regular basis. In some cases, your primary care provider may refer you to a mental health specialist or program. In others, particularly if your mental health disorder is linked to a physical cause—anything from stress to insomnia to pain, etc.—they may be able to help you manage that trigger as well. In all cases, it is a real and valid aspect of your overall health to bring up during your next appointment.

Hypothyroidism

There are a variety of reasons that your thyroid gland may be underactive, or fail to produce enough of thyroid hormones T4 and T3, some of which may show up in your family history or be part of your personal medical history. In these cases, having consistent access to primary care can help you connect the dots between a wide range of symptoms before your condition progresses. If your care provider suspects you may have hypothyroidism, they will order a blood test in order to confirm the diagnosis before beginning treatment. An estimated 20 million Americans have some form of thyroid disease. [18] Depending on your specific situation, your primary care provider may refer you to an endocrinologist.

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Recuro Primary Care Overview

Health Screening

Our comprehensive risk assessment covers physical and behavioral health, lifestyle, and social determinants of health, helping identify issues early and proactive interventions. Captures critical medical and family history, enabling risk stratification of patients to provide a tailored set of at home lab and genomics panels.

Emotional Wellness

Brief questionnaires identify risk of depression and anxiety, to enable proactively engaging patients for behavioral health care.

Lifestyle

Includes questions about key lifestyle areas such as sleep, diet, and exercise, to ensure care is holistic based on each patient's unique needs.

Engagement Preferences

Engagement questions go beyond communication to target care preferences and health literacy, driving a tailored patient experience.

Home & Environment (SDoH)

Identifying issues across food security, loneliness, and transportation mean patients can be connected with programming to remove health barriers.

Health Risk Assessment

Included in Recuro's Primary Care offering is a personalized health risk assessment. Health risk assessments identify risks for health complications before they start - lowering the cost of care for patients, employers, and health plans. One of the reasons HRA programs work is because so many people aren't being appropriately screened for various conditions. Hence, diseases are often diagnosed later, which tends to raise treatment costs. The statistics can be chilling: 33% of breast cancer is not detected until it is late-stage cancer, which costs significantly more to treat. [19] In a 2006 study, early-stage breast cancer treatment costs averaged \$16,000, compared with \$50,000 for Stage 4. [20] Many conditions routinely go unnoticed: 50% of cervical cancer is detected at a late stage and one-third of diabetics do not know they have the disease. [21] For example, almost a third (31.3%) of U.S. adults have hypertension, but more than a fifth (22.4%) of them are unaware of their condition. [22] With high blood pressure alone costing the nation approximately \$198 billion each year, diagnosing and treating these condition early is critical to improving health outcomes and lowering costs. [23]

In a recent survey, health experts found by providing awareness of potential health hazards earlier at "teachable moments" HRAs often provide an effective nudge for patients to take action. [24] As healthcare shifts heavily to value-based care, preventive services hold more and more importance. Being able to identify risk factors that providers may not know about is crucial to keeping patients healthier in the future. If preventive services are able to effectively identify and manage risk factors, they can significantly reduce the amount of chronic conditions that come to fruition, which not only will keep patients healthier, but will decrease health care costs significantly.

Medicare's Annual Wellness Visit (AWV) requires an HRA to be completed to initiate care. This practice has proven to improve patient outcomes and decrease total healthcare costs. Medicare claims data shows total costs decrease by nearly 6% per patient, per year, following an HRA led AWV. [25] According to the same study - Johnson & Johnson reduced employee medical claims by almost \$250 per year per employee over four years after it adopted a company-wide program that required employees to fill out HRAs by offering member incentives. [26]



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Recuro Primary Care Overview

Recuro Primary Care

Whole-Person Virtual Care

- Dedicated Physician
- Electronic Prescription Ordering
- Health Risk Assessment
- Integrated Urgent Care
- Chronic Care Management

50

NATIONWIDE

Top primary care physicians provide personalized care virtually through message-based and video interactions, across all 50 U.S. states.

\$500

SAVINGS

The University of Connecticut estimates patients can save between \$400-\$500 in episodic savings per VPC consultation,

Comprehensive & Coordinated Care

A comprehensive care team, comprising certified primary care physicians, delivers holistic care with a personalized approach. In cases of urgency, the transition to Recuro's continuous virtual primary care ensures the identification and ongoing management of chronic conditions. This seamless integration provides a continuous and personalized healthcare experience, addressing both immediate needs and long-term health goals.

Consistency & Convenience

Market-leading patient access ensures minimal wait times and eliminates obstacles to healthcare. Recuro Primary Care empowers patients to select a dedicated provider tailored to their specific needs and preferences. With this chosen primary physician, comprehensive care coordination is facilitated, ensuring the continuity of healthcare for long-term well-being. This personalized approach fosters a strong patient-doctor relationship, promoting better health outcomes.

Preventative Risk Stratification

Embracing a proactive strategy that involves categorizing risks allows for early interventions that enhance both patient satisfaction and results. A thorough evaluation of risks encompasses both physical and behavioral aspects of health, offering opportunities for early detection and intervention to elevate overall outcomes and sustainability. This proactive approach contributes to a more resilient and thriving healthcare ecosystem, fostering improved well-being for individuals.

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Recuro Primary Care Overview



Conditions Treated

Accessibility, personalized treatment plans, and medical data exchange all on 1 platform is the difference between high-quality preventative care vs. just treating the symptoms. Here are some common conditions treated by our physicians:

- Prediabetes / Diabetes
- Hypertension
- High Cholesterol
- Obesity Management
- GI Tract Issues
- Respiratory Illness
- Arthritis
- Allergic Conditions
- UTIs / Vaginitis
- Anemia
- Cold / Flu
- Rashes

Primary care demand is increasing, creating long wait times and delayed care, Recuro solves this!

Dedicated Physician

Patients can choose a consistent provider who meets their needs and preferences.

Primary Care Services

Annual wellness exam, health risk assessment review, follow-up visits, care plan development and ongoing support, chronic condition management, post-visit lab ordering and review, and specialist coordination

Electronic Prescription Ordering

Prescriptions are immediately sent to the patient's preferred pharmacy for easy pickup.

Health Risk Assessment

Our comprehensive risk assessment covers physical and behavioral health, lifestyle, and social determinants of health, helping identify issues early and proactive interventions. Captures critical medical and family history, enabling risk stratification of patients to provide a tailored set of at home lab and genomics panels.

Integrated Urgent Care

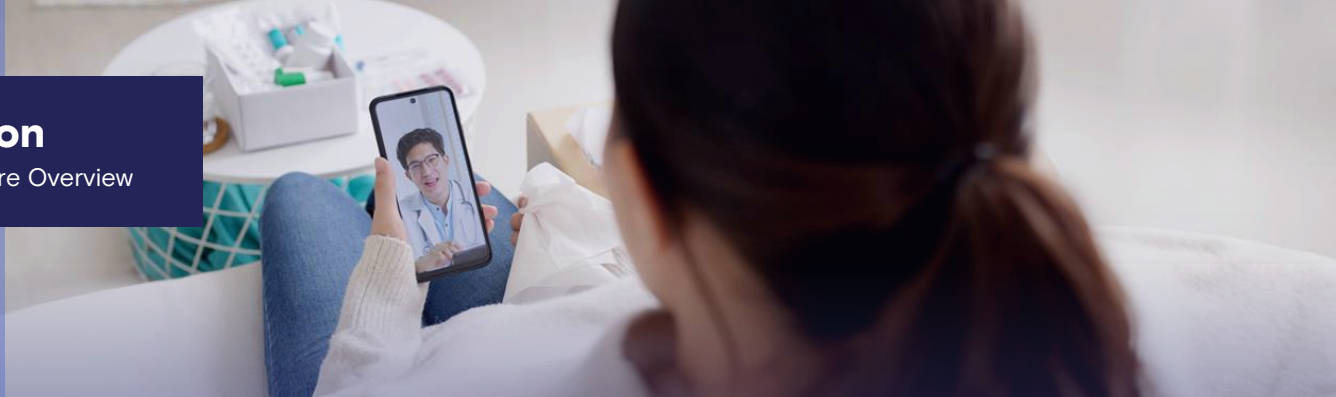
24/7 urgent care access is included in the primary care solution.

Chronic Care Management

Care teams identify and manage chronic conditions on an ongoing basis.

Why Recuro?

Recuro offers a uniquely personalized and proactive virtual care approach. Unlike traditional alternatives, our platform provides customized care regardless of location or circumstance. Through our app, access a comprehensive suite of virtual care services, including primary care, behavioral health, and urgent care, alongside supplemental benefits like pharmacy services, care management, advocacy, and physician locator.



Frequently Asked Questions

What are the most common conditions Recuro treats?

Our doctors are able to treat a wide range of medical conditions. Some of the most commonly treated conditions for urgent care include: Allergies, Asthma, Bronchitis, Colds & Flus, Ear Aches, Fevers, Heartburn, Nausea, Rashes, Sinus Infections and Sore Throats.

Are Recuro's doctors able to prescribe medications?

Yes. Recuro doctors can prescribe medications which will be sent to a pharmacy of your choice. Prescriptions are subject to the discretion of the consulting physician and their clinical judgment in accordance with law limitations. Recuro doctors do not issue prescriptions for substances controlled by the DEA, non-therapeutic, and/or certain drugs which may be harmful because of their potential for abuse. Note: Non therapeutic drugs such as Viagra and Cialis are not prescribed by Recuro physicians. View the current list of DEA controlled substances.

I need chronic care – how can Recuro help me?

From hypertension to prediabetes, high cholesterol, and obesity management, our Virtual Primary Care offering combines quality health risk assessments along with optional genomics testing to create personalized care plans for each patient. The result? Better weight management and an enhanced quality of life! We deliver a unique solution for unique needs, no matter where an individual is on their journey. That means our solution adjusts to specific user needs based on their conditions, comorbidities, health data, and goals.

How does Recuro select its physician network?

Recuro utilizes a rigorous screening process to ensure you are consulting with the highest quality physicians. The initial selection involves a thorough review of their clinical experience, training, licensure and questionnaire. In addition, Recuro physicians are subjected to a NCQA/NPDB (National Committee for Quality Assurance/National Practitioner Data Bank) verification standard and background screen. Subsequently, each doctor is monitored through our industry leading Quality Assurance/Quality Improvement Process. When requesting a consultation, Recuro will connect you with a U.S. residing doctor licensed in your state.

Is the information I provide Recuro private and safe to use?

Yes, Recuro is safe and private. Recuro is compliant with HIPAA (Health Insurance Portability and Accountability Act) and will only share your information with your selected physician and pharmacy. We have a 94% member satisfaction score with a 9-minute or less Urgent Care response time, ensuring our members receive the best quality care as quickly as possible.

Virtual Primary Care Statistics

Industry Sources & Data Accreditations:

1. <https://www.usatoday.com/story/news/nation/2023/06/27/primary-care-doctor-shortages-on-the-rise-in-the-us-as-wait-times-grow/70352744007/>
2. <https://medcitynews.com/2023/07/rural-hospital-insurance-finance>
3. <https://www.statnews.com/2023/05/02/doctor-appointment-wait-times-solutions>
4. <https://www.healthcarefinancenews.com/news/retail-clinics-seeing-utilization-soar-popularity-grow>
5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2690145/>
6. <https://www.usatoday.com/story/news/health/2023/02/28/americans-lack-primary-care-provider-report/11359096002/>
7. <https://340breport.com/one-third-of-americans-lack-a-source-of-primary-care-and-health-centers-can-close-the-gap-says-report>
8. <https://recurohealth.com/7-vpc-differentiators/>
9. <https://www.fiercehealthcare.com/practices/for-each-patient-visit-physicians-spend-about-16-minutes-ehrs-study-finds>
10. <https://www.cdc.gov/chronicdisease/index.htm>
11. <https://www.statnews.com/2018/05/31/chronic-diseases-taxing-health-care-economy/>
12. <https://diabetes.org/about-diabetes/statistics/about-diabetes>
13. <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/diabetes-prediabetes.htm>
14. https://www.aha.org/system/files/content/00-10/071204_H4L_FocusonWellness.pdf
15. <https://www.cdc.gov/bloodpressure/facts.htm>
16. https://www.tricare-west.com/content/hnfs/home/tw/bene/res/beneficiary_news/anxiety-in-everyday-life--what-is-normal-.html
17. <https://www.nimh.nih.gov/health/statistics/mental-illness>
18. <https://www.thyroid.org/media-main/press-room>
19. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4127616/>
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21. <https://link.springer.com/article/10.1007/s10552-022-01615-5>
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