



# Pediatric Integrative Medicine Membership

## *Support Your Family with the Essential Integrative Approach to Pediatric Care*

This membership program offers patients an integrative medicine approach to address various concerns such as headache, digestive issues, acne, ADHD, weight management, seizures, depression, anxiety, and other difficult-to-diagnose conditions in our pediatric and adolescent population. Our pediatrician is board certified in adult and pediatric Neurology, Headache Medicine, and Integrative Medicine. Dr. Sita Kedia provides care to children of all ages, in collaboration with our family medicine nurse practitioner. Dr. Kedia will provide the initial consultation and plan in collaboration with our family medicine nurse practitioner. Follow up visits with the PALM Nurse Practitioner will help support the patient in reaching their goals. Dr. Kedia will supervise all care.

***This membership requires all patients 16 years and under to maintain a relationship for primary care with a pediatrician outside of PALM Health for annual wellness visits and vaccinations.***

### **BENEFITS INCLUDE**

#### **All Medical Visits included for the following appointment types:**

- All Integrative Medicine Pediatric Visits (may be scheduled as in-person, telehealth, or phone call)
- Same- or next-day visits for urgent issues with a PALM Nurse Practitioner

#### **Elevated Medical Access and Support**

- Direct phone access to the on-call medical provider on nights, weekends, and holidays
- Unlimited messaging with your medical doctor through the PALM Health Portal
- On-site lab draws\*
- Phone calls with your medical provider to discuss labs and plan
- Ongoing support from a Navigator Team to advise you about services and providers to meet your goals

**Wellness Services Included: (These visits can be used by the parents if the child is not of age to use wellness services.)**

- A customized set of 6 wellness assessments and services from the PALM Choice Pack for nutrition, fitness, coaching, and wellness therapies (see our Choice Pack Services for a full list of options)
- Vitality Pack: 12 sessions of your choice (Cryotherapy, BioMat, Infrared Sauna, Salt Room, PEMF Mat, Classes (in-person or virtual))
- Unlimited Virtual On-Demand Classes
- Free educational seminars addressing the latest topics in health and wellness
- Wellness Rewards Points and Referral Program

**Access to (à la carte fee schedule applies):**

- Neurology and Physical Medicine and Rehabilitation Visits, as available
- Specialty Labs, as recommended
- Wellness Services (i.e. personal training, fitness, nutrition, spa, acupuncture, corrective movement, and chiropractic – see full menu)
- Vitality Packs, Choice Packs, Resilience and Stress Packages, and Day Spa Packages
- Café access for nutritious beverages, snacks, and meals

**Add-on:** Unlimited classes

**Add-on:** Unlimited cryotherapy

**Add-on:** Unlimited Lifestyle Sessions (Cryotherapy, BioMat, Infrared Sauna, Salt Room, PEMF Mat, Classes, and Fitness Center Access)

**Add-on:** Choice Packs and Vitality Packs

\*Labs submitted through Quest or LabCorp will be processed through your insurance. Specialty labs will be based on an out-of-pocket fee schedule and are not covered by your insurance. Diagnostic imaging and testing as may be recommended by age and gender, will be referred to a third-party center and processed through insurance, as applicable, per your plan.



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