

BODY by *Blink*

AGE MANAGEMENT • BODY SCULPTING • HEALTHY LIVING

PATIENT HANDBOOK





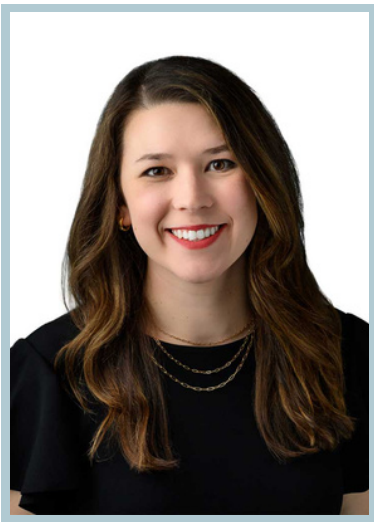
WELCOME

to the *family*

BODY
by *Blink*

AGE MANAGEMENT • BODY SCULPTING • HEALTHY LIVING

DR. TODD GADDIS, M.D



Shaela Kobs, RN

Shaela is the lead nurse and care coordinator for Body By Blink. She received her Bachelor's of Science in Nursing from Midwestern State University in 2019 and worked at Baylor Dallas' Advanced Cardiovascular Progressive Care unit for 3 years.

After a 10+ year working relationship and friendship with Dr. Todd and Kayla Gaddis, she was requested to come work for Body By Blink and never looked back! With previous experience in a medical spa doing IV therapy and Botox, she is happy to grow her knowledge in Age Management and Aesthetic Medicine.

What is ProActive Care?

It is anticipating and preventing major illness, not reacting to it afterward. We combine innovative technology to monitor your essential biometrics actively: Biometrics like weight, BMI, Blood Pressure, Heart rate, blood sugar, sleep, and others. This data allows Dr. Gaddis to anticipate possible issues before they happen and make adjustments to prevent future problems. At Body by Blink, we are genuinely looking out for you.





Karen Arbizu, MA

As a Medical Assistant at Body By Blink in McKinney, Texas, my passion for helping others led me to the medical field. I began my education with pre-nursing at Texas A&M University at Commerce before deciding to fast-track my career. I earned certifications in medical assistance, IV placement, and phlebotomy from Medical Career Training in Bedford, Texas. I was drawn to Body by Blink due to its alignment with my future aspirations. We aim to help our patients become the best versions of themselves, boosting their confidence and health. Working with Dr. Todd has enriched my learning experience tremendously. I'm committed to fostering growth and knowledge every day to enhance our patients' experiences, ensuring they leave our facility with a smile.

Why no insurance?

Quite simply because insurance would make good primary healthcare too expensive, insurance is meant to be used for a catastrophe in a patient's health. Auto insurance does not pay to change your oil. But we all know regular oil changes will extend the life of your car and can prevent a catastrophic breakdown more than anything else. We limit our practice to 300 patients versus a typical primary care that carries 3000 or more. That means we have 10x the time to focus on you.





LIVING WELL MEMBERSHIP

FINANCIALS

\$129/MONTH

- Spouse **\$18** discount/m (\$111)
- Children > 7 years old (\$70)

3 months minimum

Enrollment Fee \$49 [per family]

BODY
by *Blink*

WHAT IS INCLUDED?

A plan for better health with much more convenience than traditional medicine allows.



- No waiting room, Ever! Your time is valuable.
- Unlimited office visits
- Unlimited telemedicine
- Urgent Care visits
- Ability to text and email office and doctor directly
- Online patient portal
- Access to physician after-hours
- Yearly physical with a healthcare action plan
- Substantial discount on direct ship medications/labs/xrays available
- Genetic testing offered optionally
- Referral and coordination with specialists as needed
- Weight Management
- Exercise plans
- Nutrition counseling
- Basic Mental health
- Smoking cessation treatment
- Access to medical cost sharing communities like Zion Health and Sedera

- Access to exclusive group Age Management and Health chats online given by Dr. Gaddis and Guests
- Transparent payment terms. No Surprise medical billing
- Aesthetic/cosmetic services offered with **10% discount** [unless already in a discount package]
- SkinMedica and ZO Skincare offered at a **10% discount** [unless already discounted]

What is Medical Cost Sharing?

Medical Cost Sharing is a cooperative arrangement where individuals contribute to cover each other's medical expenses instead of relying on traditional health insurance. Participants pay a monthly "share" for fellow members' healthcare costs. It's sometimes associated with religious or faith-based groups and offers an alternative to conventional insurance. A member must belong to a direct primary care practice to be eligible. Body by Blink qualifies.





HEALTHY LIVING MEMBERSHIP

FINANCIALS

\$219/MONTH

- Spouse **15%** discount/m (\$187)
- Children > 7 years old (\$70)

6 months minimum

Enrollment Fee \$99 [per family]

BODY
by *Blink*

WHAT IS INCLUDED?

Everything in the Living Well Plan. This is our initial ProActive Monitoring plan with a goal of encouraging a healthy lifestyle and long life.



- Free **Smart Scale with Pro-Active Monitoring** [we call you if there is an issue]
- Option to **add additional smart monitored devices** at a **20% discount** [glucose monitoring, sleep monitoring, oxygen monitoring, cardiac monitoring] at cost of devices.
- Unlimited **3-D Body Scanning** [a \$25/m value]
- Genetic testing **one test included at 50% off, then 15% discount**
- Up to **6 - UV facial skin damage evaluation scans and reports** yearly [a \$175 value]
- **Initial lab panel** included [\$200+ Value]
- **\$75 toward any IV** every month [per family]
- Treatment of smoking **and other addictions**
- Aesthetic/cosmetic services offered with **15% discount** [unless already in a discount package]
- Added to email signup for new Aesthetic/cosmetic services **offered for free** during training sessions.
- **10% discount** on SkinMedica and Zo Skincare products [unless already discounted]

OPTIMAL LIVING MEMBERSHIP

FINANCIALS

\$249/MONTH

BODY
by *Blink*

- Spouse **20%** discount/m [\$199]
- Children > 7 years old (\$70)

6 months minimum

Enrollment Fee: \$199 [per family]

WHAT IS INCLUDED?

Our very best plan that includes all of the above and even more. If you are searching for a health care partner that works with you to be your optimal best physically, mentally, and aesthetically, this is it.

- **Priority** appointments
- all genetic testing at a **30% discount**
- Initial **extensive** lab panel [\$500+ Value]
- **Smart Scale & Smart BP Cuff** with active monitoring by doctor [per family]
- Option to **add additional smart monitored devices** [glucose monitoring, sleep monitoring, oxygen monitoring, cardiac monitoring] **at cost** of devices.
- A focus on **Hormone and Age Optimization** services
- **Free hormone pellet insertion** [a \$700 value] up to 3x a year
- **Additional 10 % discount** on direct pay labs/xrays available
- **\$125 toward IV of choice** each month [per family]
- Aesthetic/cosmetic services offered with **20% discount** [unless already in a discount package]
- **20% discount** on SkinMedica and Zo Skincare products [unless already discounted]



Why Genetic Testing?

Modern genetic testing provides invaluable insights into one's genetic predispositions, which can guide person-centered medical decisions and proactive health strategies. Early detection of congenital anomalies can facilitate timely interventions, substantially reducing the risk of serious diseases. Genetic testing gives insights such as how you process food, what is the healthiest diet for you to maintain, what supplements you need, and the best medication for your body, and much more.

Advanced Testing Offered

WOMEN'S HEALTH

HAIR LOSS

MEN'S HEALTH

MALIGNANCIES

WEIGHT MANAGEMENT

CHRONIC PAIN

NEUROLOGICAL | PSYCH

DEVELOPMENTAL

GASTROINTESTINAL

POST-CONCUSSION

AUTO-IMMUNE/INFLAMMATORY

ACNE

PHARMACOGENOMIC

DETOXIFICATION

FOUNDATION/METHYLATION

PHARMACOGENOMIC



OUR PROCESS



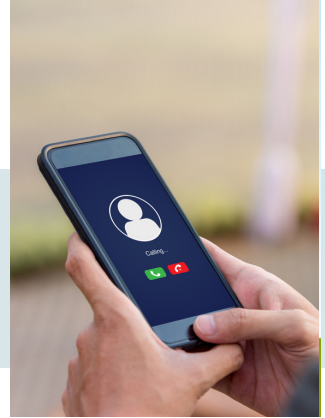
COME SEE US

We are proud of our small but nicely appointed office space located in beautiful Adrativa Village.



ZOOM US

We focus on getting to know our patients. The more contact, the better, but you don't always have to come into the office to see us.



TEXT US

Quick question? Need a refill? We try to be available to our patients in the most timely ways possible.

OUR PROCESS



THE CONSULT

This meeting is our initial session. It's where we get to know each other, try to understand your concerns about your health, and make an initial plan. Expect about 1 hour.



LAB TESTING

We typically order lab testing through Quest Labs or LabCorp. We can place orders through alternate labs if you wish. We send electronic orders. You are welcome to use your insurance if you choose.



RESULTS/FOLLOWUP

Once we have any testing back you will receive and email with a copy of the results and we will ask you to set up a time to review with Dr. Gaddis.

HELPFUL HINTS



Have a question about the charges? Make use of the patient portal, where you can see all of your invoices and billing. You can also change your payment methods on your portal. If you misplace your login, let us know, and we can reset it.

BILLING



Every year, you will receive a written health plan. This plan will include known problems and current remedies. A list of your current medications and your doctors' thoughts on possible future problems and concerns and ways we may prevent these issues.

PREVENTION

HELPFUL HINTS



Please text us for any refills, and we will get them done ASAP. Remember, compounding pharmacies make medications on demand, and it can take two weeks to get to your doorstep. So please plan ahead.

REFILLS



Of course, we would like to know of any condition that arises, but in a true EMERGENCY, please call 911 first and get to the nearest emergency room. Call us once everything is stable.

EMERGENCIES

FREQUENTLY ASKED QUESTIONS



HOW RESPONSIVE ARE YOU?

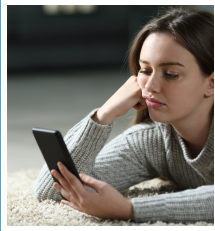
A. Body by Blink is a small boutique clinic with limited staff, but we respond quickly. You will usually get a response to your issue within minutes of the end of the day during regular business hours. Notifications we get after hours we will typically respond to rapidly, but we must eat and sleep.



WHAT ABOUT URGENT MATTERS?

A. We act accordingly and promptly respond when a communication is marked URGENT. Some issues that fall into this category are acute illness or trauma. We can take care of the matter immediately or direct you to the best resolution.

FREQUENTLY ASKED QUESTIONS



I CANT REMEMBER MY PASSWORD FOR THE PATIENT PORTAL. WHAT DO I DO?

A. Send us a text or email and let us know, and we can reset your password. You will receive a link via email, allowing you to make a new password.



CAN YOU REFER TO SPECIALISTS?

A. Yes. But, if you are using your insurance with other providers, your insurance company may require referrals through your PCP. We can be that, but you must call your insurance company and tell them you are setting me as your PCP. They may want my NPI number: 1306842935

My Why

Born during my residency and refined through two decades of a diverse medical practice, Body by Blink embodies my vision of what medicine should be. It represents a partnership between doctor and patient, not just for times of illness but for fostering a lifestyle that prevents it. It's about embracing a way of life that empowers you to be your very best self.

TODD GADDIS, MD, ABFM
CMO, BODY BY BLINK

LET'S CONNECT



@bodybyblink



help@bodybyblink.com



www.bodybyblink.com



945-888-0180

BODY by *Blink*

AGE MANAGEMENT • BODY SCULPTING • HEALTHY LIVING

Phone/Text: 945-888-0180

email: help@bodybyblink.com

www.bodybyblink.com

Patient Portal:



6956 Mediterranean Dr., Suite 101

Open Monday 9am-2pm. Tuesday 9am-5pm, Wednesday 9am-7pm, Thursday 9am-5 pm, Friday 9am-5pm