



+



# Proposal for Comprehensive Primary Care

April 1, 2026



# Primary care that empowers **you.**

Compassionate care, without limits or barriers, through one simple membership.

[remedyhealth.care](https://remedyhealth.care)



# Primary care **doesn't work** like it used to.

It can take weeks to see a primary care physician (PCP), and even then, appointments last only a few minutes. People still *need* primary care — they're just looking for it in more "convenient" places: **emergency and urgent care centers.**

24% 

Decrease in PCP Visits

47% 

Increase in Visits to ER/Urgent Care



Currently, **one in four Americans** does not have a primary care physician.

HARVARD MEDICAL SCHOOL STUDY

Today, **29% of all primary care visits** in the U.S. are handled by **urgent care clinics.**

URGENT CARE ASSOCIATION

**More than half** of emergency room visits are not actual emergencies.

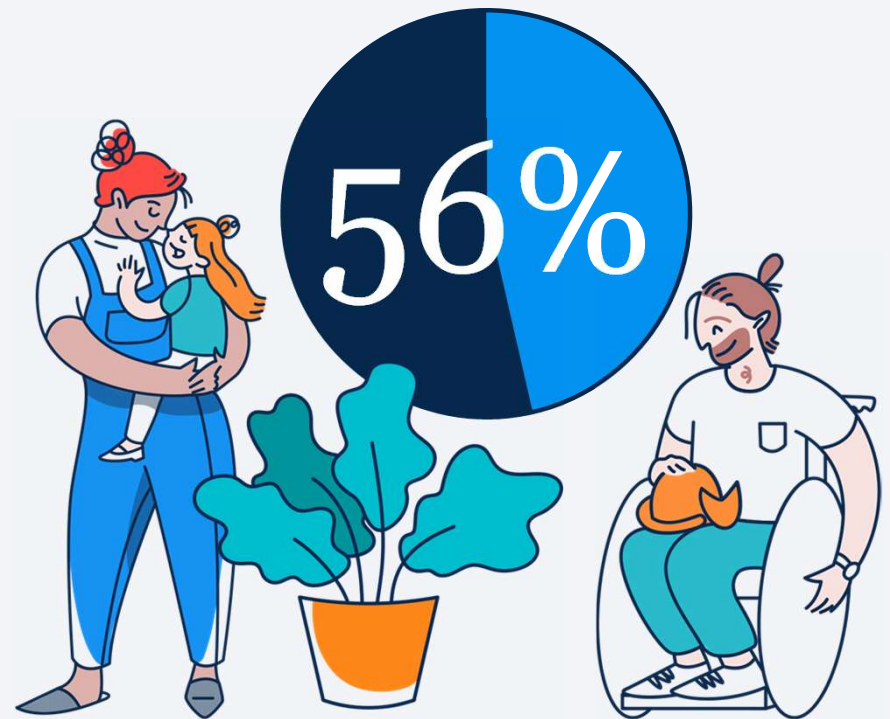
SS&C HEALTH

## Proper care results in a happier, healthier you.

Emergency and urgent care centers aren't primary care providers, so people don't get the help they need there.

ERs don't provide long-term or preventive care, resulting in repeat visits and poor health outcomes.

Teledoc services simply place you with whoever the next stranger is on shift.



Over half of U.S. adults with employer-sponsored health benefits said health coverage is a key factor in deciding to stay at their current job.

Not to mention —  
going to the ER or  
urgent care, keeps  
you off the job.

Employees lose hours of valuable  
time in the ER waiting room.

That's valuable time off the job for  
every visit.



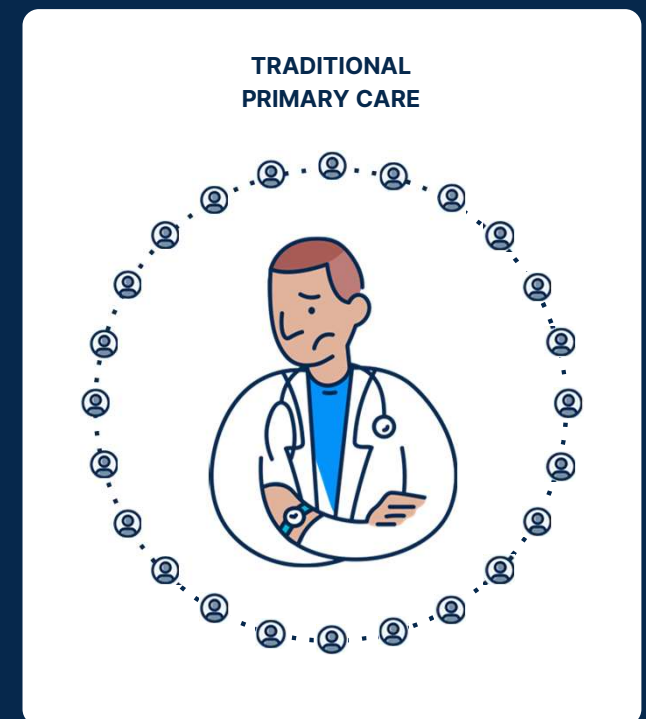
Treating a common condition costs **12x more** in an  
ER or urgent care than in a physician's office.

# Direct Primary Care **simplifies pricing** and gives you **dedicated time** with your primary care physician.

DPC allows people to receive consistent, quality healthcare through **unlimited access** to their personal, primary care physician.

Virtual care and in person visits.

Initial visits 90 minutes  
Follow up visits 45 minutes





Remedy Health provides all of these services + benefits:

**¡Sí, Se Habla Español!**



UNHURRIED OFFICE VISITS



SAME-DAY OR NEXT-DAY  
APPOINTMENTS



NEWBORN UP



DIRECT PHYSICIAN MESSAGING



WOMEN'S WELLNESS EXAMS



PATIENT NAVIGATOR  
MONTHLY REPORTING



HRT, WEIGHT LOSS, ADHD,  
PAIN MANAGEMENT



PHARMACY, LABS,  
IMAGING, IMMUNIZATIONS



PROCEDURES & INJECTIONS



# Spruce Health Messaging App

Direct communication with your personal physician and medical team.

## **24/7/365 access to care.**

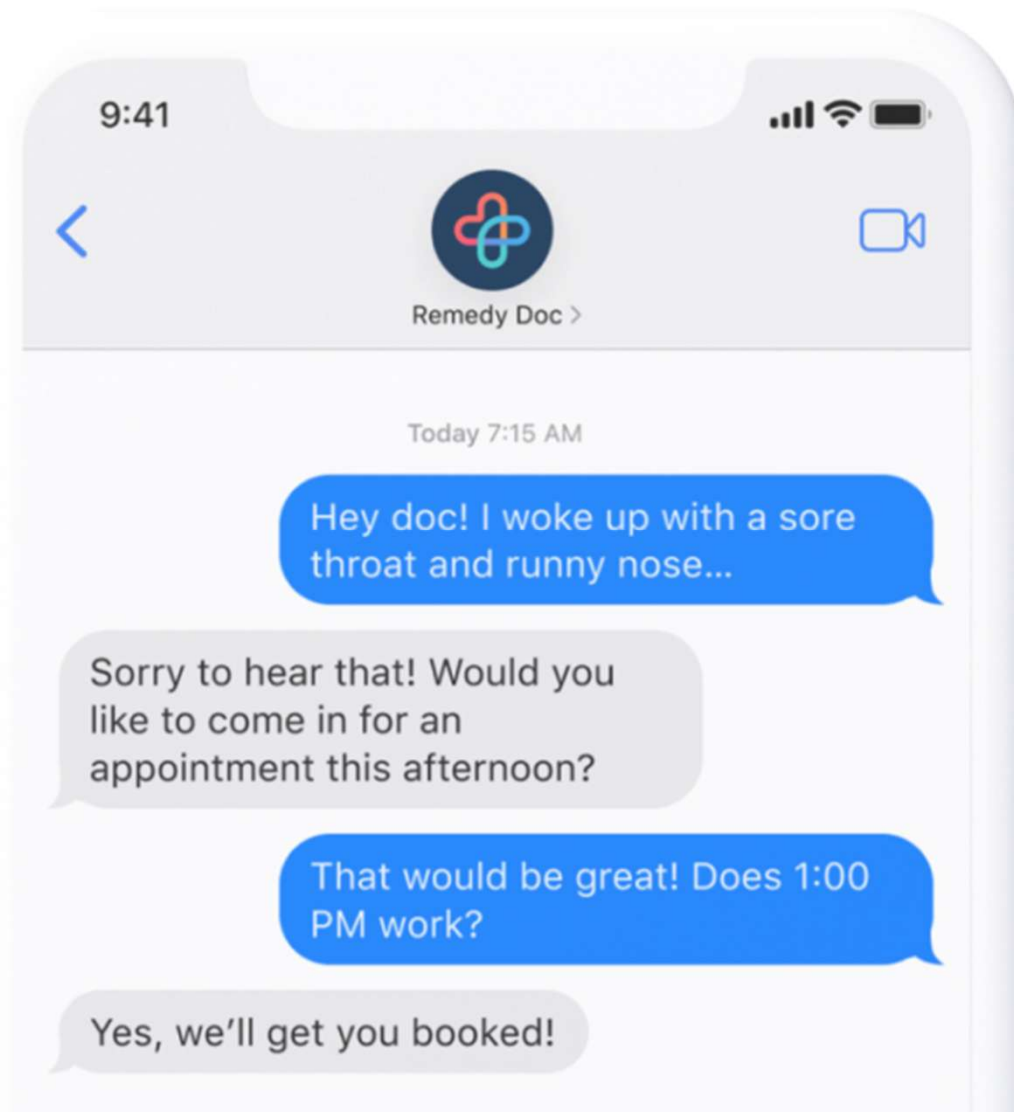
Schedule appointments. Request medication refills. Get medical questions answered.

## **Securely share photos and videos.**

View and review detailed care plans and handouts.

## **Virtual care with the click of a button.**

Easily download Spruce from the App Store to get connected.





**Allergies**

Cetirizine 10mg  
Diphenhydramine  
25mg Fexofenadine  
180mg  
Fluticasone 50mcg  
Loratadine 10mg  
Montelukast 5mg,  
10mg

**Antibiotics**

Amoxicillin 500mcg  
Azithromycin  
250mg Bactrim DS  
Cephalexin 500mg  
Ciprofloxacin 500mg  
Clindamycin 300mg  
Levofloxacin 500mg  
Metronidazole  
500mg

**Antifungal**

Fluconazole 150mg

**Antiviral**

Acyclovir 200mg,  
400mg

**Thyroid**

Levothyroxine  
50/75/100/150/200

**Antidepressants**

Amitriptyline 10/25  
Bupropion XR  
150mg Citalopram  
10/20  
Duloxetine 30/60

Fluoxetine  
10/20/40

Sertraline

25/50/100  
Trazodone 50/100  
Venlafaxine ER  
75/150

**Antiacids**

Famotidine 20mg  
Omeprazole 20mg,  
40mg Pantoprazole  
20mg, 40mg

**Antiemetics**

Ondansetron 4mg  
Promethazine 25mg

**Hypertension**

Amlodipine 10mg  
Aspirin 81mg  
Carvedilol 6.25/12.5  
Clonidine 0.1mg  
HCTZ 12.5/25  
Lisinopril 10/20/40  
Losartan 25/50/100  
Metoprolol ER  
25/50

**Cholesterol**

Atorvastatin 20/40  
Fish Oil 1000mg  
Gemfibrozil 600mg  
Lovastatin 20/40  
Rosuvastatin  
10/20/40  
Simvastatin 20/40

**Diabetes**

Glucometer Starter  
Kit Glimepiride 4mg  
Glipizide 10mg  
Metformin 500/1000  
Metformin ER  
500mg

**Pain**

Acetaminophen  
Cyclobenzaprine  
10mg Ibuprofen  
600/800  
Gabapentin  
100/300/600

**Steroid**

Prednisone 10/20

**Topical**

Bacitracin  
Hydrocortisone  
2.5% Mupirocin  
2% Silver  
Sulfadene 1%  
Triamcinolone 0.1%

**Eye Drops**

Ofloxacin 0.3%  
PolyTrim

## Prescription Medications

Prescriptions are available in office. Walk out with what you need in hand.

**Prescriptions are conveniently mailed to your home.**

Refills automatically arrive to your doorstep from the mail order pharmacy.

**If there are no refills on the bottle, simply notify us in Spruce that you need a medication refill.**

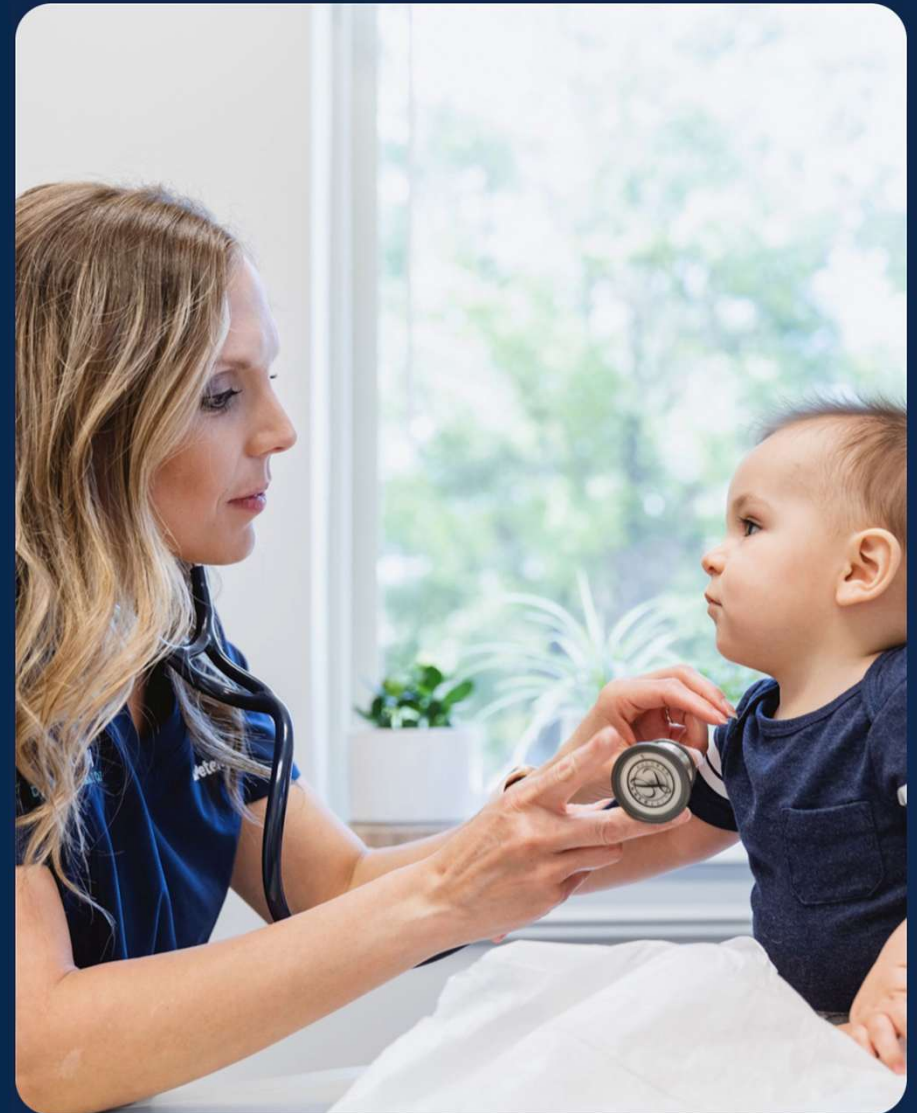
Prescriptions can be sent to a nearby pharmacy while traveling.

**Wholesale pricing available for high-cost specialty drugs.**

A focus on **preventive, holistic health.**

**The Remedy Health service is built on the foundation of lifestyle medicine.**

- Community & healthy relationships
- Nutritional counseling
- Exercise counseling
- Mental wellness & stress management
- Recreational screen use & social media
- Sleep counseling
- Tobacco, alcohol, and drug use



# Weight Loss Program

Remedy Health provides comprehensive support for your weight loss journey with our HIPAA-compliant app that allows **24/7 access to YOUR primary care provider**. We offer personalized consultations to discuss your individual needs and goals, and we work with you to develop a tailored plan that **includes:**

**DIETARY GUIDANCE, EXERCISE RECOMMENDATIONS AND ANY REQUIRED LABS**

## Semaglutide

|                   |          |
|-------------------|----------|
| MONTH 1 - (0.3MG) | \$179.00 |
| MONTH 2 - (0.6MG) | \$249.00 |
| MONTH 3 - (1.2MG) | \$299.00 |
| MONTH 4 - (1.7G)  | \$329.00 |

## Tirzepatide

|                    |          |
|--------------------|----------|
| MONTH 1 - (3MG)    | \$279.00 |
| MONTH 2 - (6MG)    | \$349.00 |
| MONTH 3 - (9MG)    | \$399.00 |
| MONTH 4 - (11MG)   | \$449.00 |
| MONTH 5 - (13.2MG) | \$479.00 |
| MONTH 6 - (17MG)   | \$499.00 |



MAKE  
YOURSELF A  
PRIORITY



# Remedy Health Ancillary Services



## Hormone Replacement Therapy

Balance your hormones with Bioidentical Hormone Replacement Therapy (BHRT) with highest grade pellets.

### **Women: \$350 per treatment**

Effectively Treats: Weight trouble, night sweats & hot flashes, anxiety, depression, low libido, fatigue, fibroids, endometriosis, premenstrual symptoms, and vaginal dryness

### **Men: \$ 700 per treatment**

Effectively Treats: muscle wasting, low energy levels, hot flashes & sweats, low libido, anxiety, depression, E.D., and difficulty urinating or too frequently

# Remedy Health Ancillary Services



## IV Therapy (Hydration Bar)

Replenish, Restore, and Recharge!

**Inner Beauty:** \$150 - Boosts Hydration, energy, and skin health with essential vitamins, minerals, and antioxidants.

**Myers' Cocktail:** \$170 - Enhances energy with a blend of essential vitamins and minerals for overall wellness.

**Immunity Boost:** \$150 - Supports immune health with essential vitamins, minerals, and antioxidants.

**Recovery and Performance:** \$150 - Supports muscle recovery and enhances performance.

**More Information**

Inner Beauty

Myers' Cocktail

Immunity Boost

Rec & Performance



# Remedy Health Ancillary Services



## Advanced Joint Injections

Improve joint health and mobility with cutting-edge treatments.

**PRP** (Platelet-Rich Plasma): \$550

- Help regenerate cartilage
- Help post-surgical recovery and speed up healing from sports injuries

**Supartz FX** (hyaluronic acid): \$750 for 3 treatments

- Reduce pain and swelling in joints
- Improve balance, coordination, and range of motion

# Better care attracts and keeps better talent.

What rating did your employees give your current health care coverage when you last surveyed them? More than ever, health care benefits are key to recruiting and attracting a quality workforce.

People look to employers to provide health care benefits they can count on.

## SERVING OVER 70 EMPLOYER GROUPS



Primary care that  
empowers you.





"Absolutely LOVE Remedy Health Direct Primary Care!!! The doctors listen to you and take time to hear what your concerns are and work with you to help you reach your health goals. Remedy is the place you want to go if you are looking for caring, kind and knowledgeable doctors."  
—Alesa M.

"Can't say enough great things about Remedy! They have always been so kind and helpful. The nurse practitioner, Sandra even met us after hours to see my child right before Christmas. Thank you for them!"  
—Jennifer H.

"Dr. Chris Sudduth is the best Doctor I have been to and I've been to a lot!! He is extremely patient, thorough and knowledgeable. He takes the time to truly listen to you and answer in terms you can understand. My husband and I love his entire staff! Where has this type of medical practice been all my life? Do NOT hesitate to join Remedy Health today!!"  
—Nancy E.

"I'm not the kind of person that has ever had a primary care doctor. I actually thought it was silly. When we got an opportunity to hear about Remedy Health and how their program worked I was amazed. I went for my first visit and they made me feel extremely comfortable. Dr. Street and his staff truly care about not only your physical well being but your mental well being as well. They really made the decision to give Remedy a try. I'm totally hooked. Give them a try!!!"  
—Tammy M.

"Healthcare is a tough business. I've been to a lot of doctors and I can tell you, Remedy is the best. They are the most caring and amazing. I've been so happy with Remedy Health and I can tell you, it's a great feeling knowing this company actually cares about their patients. I would recommend Remedy to any and everyone!"  
—Jessica P.

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—Jessica P.

—Devin W.

"Absolutely life changing.. The 1 on 1 care I receive with Dr Sudduth allows us to focus on preventative care, prioritizing goals in a manageable and holistic way. Every appointment has been meaningful because he cares. My overall quality of life has improved noticeably. I recommend him and his approach to anyone who has been frustrated with a more traditional approach."  
—Greg B.

"I've had 2 visits so far and I'm excited to have a Doctor who is not in a hurry and wants to really know my health and family history. My first visit was 2 hours long with him going over everything. Much more than I expected, very pleased."  
—onesmokingrill

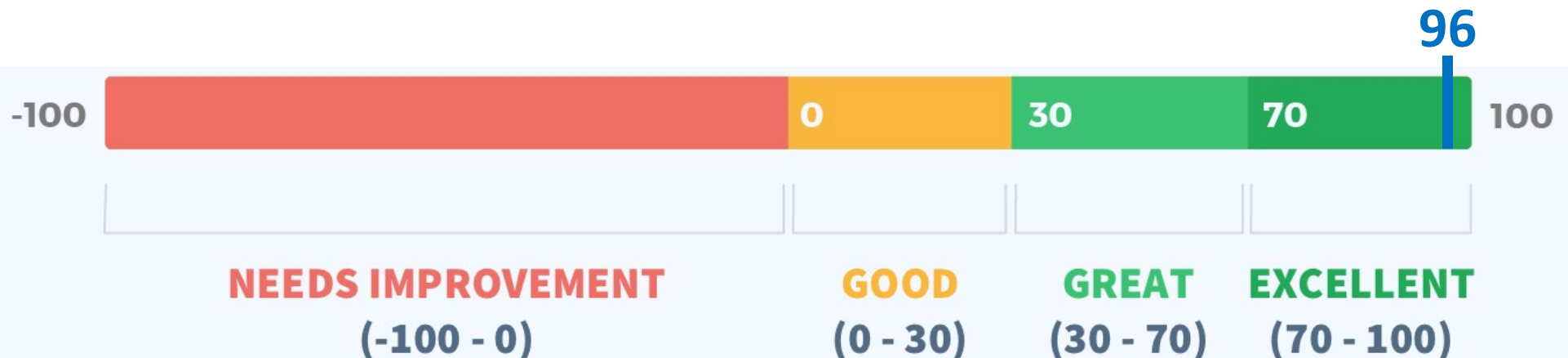
The quality of care we provide for organizations, families, and individuals across Oklahoma is unparalleled.

[Read Our Five-Star Reviews](#)



Remedy Health delivers the care that people want and love.

- **Organization Wide Net Promoter Score (YTD)**

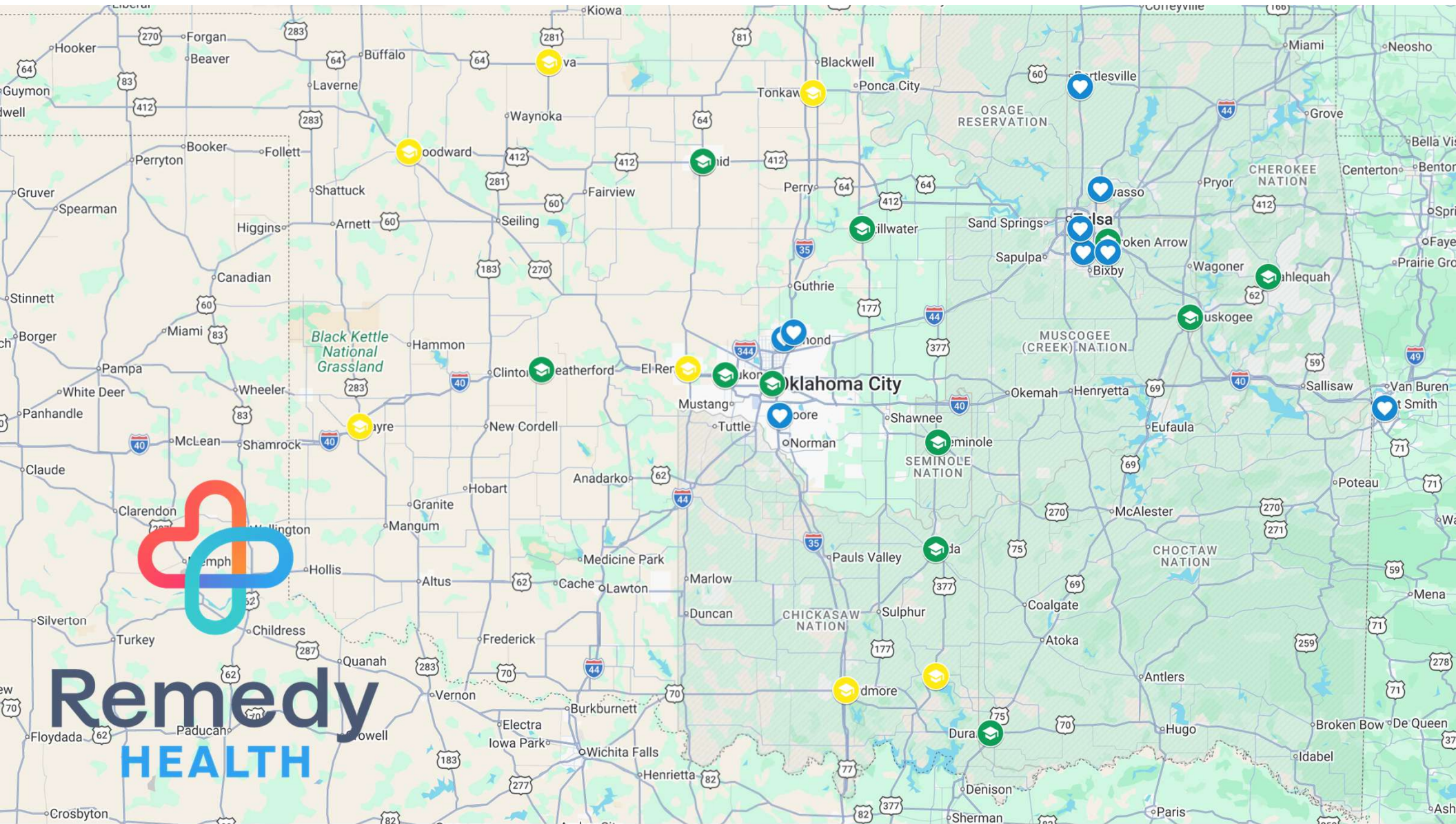


- **4.9 Star Google Review Rating ★★★★★ (283 reviews)**

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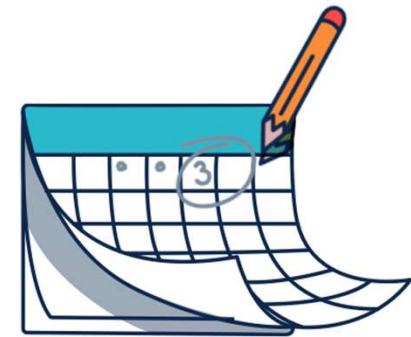




# Member Engagement: Download the Spruce Health App



Select your doc and  
clinic location



Scheduled your initial  
patient visit

Primary care that  
empowers you.





# The **remedy** to a broken health care system.

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[remedyhealth.care](https://remedyhealth.care)





# Questions?



Primary care that  
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