

Save here.

Don't overpay for your care.

In every stage of your health journey, your primary care provider can help you receive the trusted and convenient care you need with the lowest out-of-pocket costs.



\$25

Was the average copay for a visit to your primary care physician.



\$150

Was the average cost of an urgent care visit.



\$2,318

Was the average cost of an emergency room visit in Texas for 2020.

[Practice Name]

[Practice Address Line 1]
[Practice Address Line 2]

[Practice Phone Number]
[Practice Website]



Practice Logo.
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Three lines max.

You are known here.



Your primary care physician (PCP) provides personalized care that can improve your health and save you money. On average, patients who see their PCP on a regular basis live longer and spend less on care.

Have you had your checkup yet? We can help you watch for:



Cancer



Diabetes



High blood
pressure



High
cholesterol



Weight
Management



Overall Physical
Wellness

Take control of your health and avoid the costly trip to the emergency room. Talk to your doctor about setting up your annual checkup today.

[Practice Name]

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More than just cold and flu.



Your health journey can be complex.

Choosing the right place for care doesn't have to be. Trust your primary care physician for more than the seasonal cold and flu, aches and pains, bumps and bruises.

Your primary care physician can help you with:



Diabetes



High blood pressure



Asthma



Skin irritation and rash



Back and joint pain



Minor bone fractures or sprains



Allergies



Upset stomach

[Practice Name]

[Practice Address Line 1]
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Three lines max.

Expect more here.



We're more than your traditional doctor's office—and we're working hard to expand our individualized impact on all our patients' health:



Virtual Visits

Out-of-town or unable to come into the office? See your doctor no matter where you are by scheduling a telehealth appointment.



Personalized Pharmacy Care

Stellus Rx can help make your life easier with individually packaged medication doses delivered directly to your door.



Comprehensive Care Team

Struggling to keep up with your health? Catalyst's care team works directly with your doctor to help you manage all of your appointments, medications, questions and follow-up care.

[Practice Name]

[Practice Address Line 1]
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[Practice Website]



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Three lines max.**



Take control of your diabetes care.



Join Catalyst Health Network for free weekly diabetes education classes to help you take better control of your diabetes.

Classes are exclusively for patients with primary care doctors in Catalyst Health Network and are held weekly over a 4-week period.

- Tuesday evenings 6 pm – 7 pm | Zoom
- Classes occur every other month and are offered throughout the year (Times and dates may be subject to change but will be notified of changes upon registration)
- Zoom link, class dates, and assessments will be sent via email after registration is complete.

Topics Include:

- **Class 1:** Introduction to Diabetes and Medications
- **Class 2:** Healthy Eating and Being Active
- **Class 3:** Monitoring Blood Sugar and Preventing Complications
- **Class 4:** Healthy Coping and Problem Solving

All classes are taught by licensed health educators and wellness experts including dietitians, pharmacists, health coaches, and social workers.

For more information or to get registered, reach out to your provider today!



Our social work team supports your patients through all aspects of their healthcare journey.

Our team acts as an extension of your clinical team to **improve outcomes** in people's lives by evaluating the psychosocial and emotional needs of patients, assist in discharge planning, and provide community resources and education in relation to barriers of care.

Social Worker Support Areas



Adult Resources, Support & Education

- Support groups including AA
- EAP benefits from employers
- Dementia support & education
- Hospice resource & education
- Caregiver Support
- Living arrangements Ex: Needing home care support
- Advanced directives resource & education



CPS/APS: Post follow-up support – all medical staff are mandated reporters



Skilled Nursing Facility: Placement assistance



Pediatric Resources, Support & Education

- Pre/postpartum screening & education on newborn follow-up care
- Education on signs and symptoms of perinatal mood and anxiety disorders
- Education on signs and symptoms to look for in depression/anxiety in children
- Parent education and general support including positive discipline techniques
- Community resources



Mental health Support & Services

- Inpatient stays follow-up care
- Outpatient therapy follow-up care
- Alternative options



Social Determinants of Health Support & Services

- Community resources
- Transportation assistance barriers
- Financial
- Housing



Creation and development of case management plans with multi-disciplinary teams including care managers, pharmacists, dieticians, and PCPs

To refer a patient to our Social Work team, please send a referral through the LeadingReach platform. If you need additional assistance, please contact us at wecare@catalysthealthgroup.net.