

Prime TeleMedicine Passport

Has your training been up and down? Are you feeling stuck and unmotivated?
Are you tired of DIY and want someone you trust to tell you exactly what to do?

Prime is here to help you!

	Gold	Silver	Bronze
Private Sessions with Prime Team	Six 45-min Sessions	Four 45-min Sessions	Two 45-min Sessions
<u>Choose from:</u> 1) Athletic Training 2) Accountability Coaching 3) Massage Consultation, 4) Physical Therapy 5) Sports Nutrition and 6) Sports Psychology			
Individualized Game Plan	✓	✓	✓
Come away from each session with an individualized plan based on your goals and unique needs.			
Private Wellness Toolbox	✓	✓	-
Get access to a private toolbox of valuable resources from our team of experts: tips, videos, exercises, virtual class recordings...not available anywhere else!			
P360 Wellness Evaluation	✓	-	-
Once we have your permission, you'll have a team collaborating on your behalf. We'll communicate about you - sharing notes, takeaways, and treatment plans. This is a unique opportunity for you to get a more complete picture of your overall health and wellbeing.			
1 Easy Payment	\$420	\$300	\$160
Need Accountability to get your sessions on the calendar?	Sessions expire in 90 days	Sessions expire in 60 days	Sessions expire in 30 days
As always, we offer convenient online scheduling. If you need help finding a time or have any questions call us at 360-922-3120 or email info@primebellingham.com .			

Work with our team to create an individualized plan to reduce your risk of injury, get back on track with your goals, and feel more inspired...with total support.

Our team is here for YOU.

THIS is what Prime is all about.

No more wasting time or energy...trying to piece everything together on your own.
College and pro athletes get it. You deserve this same level of care!

WHAT DO I GET OUT OF EACH SESSION?

Athletic Training with Kerry Gustafson or Matthew Pettersen

A TeleMedicine session with an athletic trainer can help:

- If you have an injury that needs to be evaluated and want a plan of what to do next
- As you're waiting for an appointment with your doctor or a physical therapist
- Progress your training plan, strengthening routine, mobility program, or rehabilitation exercises
- As an option to the ER or Urgent Care; talk to an AT about any minor injuries like sprains or strains

Accountability Coaching with Erica Quam

Utilize an accountability coaching session to:

- Readjust, reframe, or reset your goals and current priorities
- Talk over a current challenge you're struggling with and get a different perspective
- Come up with and commit to a plan for your next steps

Massage Consultation with Kerry Gustafson

A Massage Consultation is an instructional session that's completely individualized for you

- Learn self myofascial release techniques you can safely do at home
- Discuss how to best utilize the equipment you already have
- Talk through a specific recovery sequence individualized to help you get the most benefits including stretching and mobility exercises, foam rolling, plus heat and ice

Physical Therapy with Dr. Lindsay Kizinkewich or Dr. Jacqui Berg

Advance your recovery, rehab, and performance with an Online Physical Therapy session:

- Comprehensive evaluation for new or chronic injury, ache, or pain, with movement analysis, diagnosis, treatment, and education about your unique situation
- Individualized injury management plan, using evidence-based rehabilitation
- Education and instruction for therapeutic activities and exercises to expedite recovery and maximize performance, helping you reach your goals
- Self joint and soft tissue mobilization techniques to improve motion and reduce pain from home
- Conservative pain management strategies and recommendations
- Safe progression of post-surgical exercise and activities

Sports Nutrition with Heidi Strickler or Laura Johnson

A virtual nutrition session can:

- Help you change your fuelling strategy to meet your new training demands
- Offer new ideas for experimenting with different fuelling options for your future race day nutrition
- Guide you in optimizing body composition when you don't have to worry about race performance
- Educate you on managing daily nutrition when your fridge is your roommate and pantry is your office
- Offer tips for kitchen creativity with new recipes
- Increase your awareness of eating to boost immunity

- Give you a sense of normalcy and control back, where your food and nutrition work for you

Sports Psychology with Dr. Jennifer Gildner

More details coming soon...

FAQ's

There's a lot of great stuff included with this passport. Here are some questions we've thought of that may come up for you:

Q: Do I get to choose which of the services I schedule?

A: Yep, you sure do! The Bronze passport allows you to choose 2 out of 6 services available. The Silver passport allows you to choose 4 out of 6 services. The Gold passport allows you to utilize all 6 services Prime - for a totally integrated experience!

Q: Does my passport include multiple sessions with each service or just 1 single session?

A: The idea of the passport is to give you a single session with each service that's listed. If you'd like to schedule a follow up appointment you can either use your passport or schedule that separately. Be sure to mention this during your session and ask if you have questions.

Q: Can I use the passport for multiple sessions of the same service or the same person?

A: Sure! The idea of the passport is to give you access to multiple different services. However, you can certainly choose how you'd like to use your sessions.

Q: What if the practitioner I want to see is booked out or doesn't have the time of day I need?

A: We recommend booking your sessions right away to ensure availability. This is a limited offer with limited availability. The sooner you get on the schedule the more choices you will have. Although we will make every effort to accommodate your needs, if you have limitations, we suggest you inquire about scheduling when you purchase your passport.

Q: What is the P360 Wellness Evaluation?

A: These 6 sessions will give you a more complete picture - physically, mentally, and emotionally - to maximize your health and optimize your performance. Your privacy is our priority - so don't worry. You must give us specific permission to share your information amongst our team. If you do, you'll receive a special evaluation afterwards with exercises, ideas, guidelines, or plans to implement based on our team's collective feedback.

Q: Is the P360 Wellness Evaluation only available with the Gold Passport?

A: Yes. After you complete your sessions with all 6 services, we'll collaborate as a team to give you this comprehensive care. If you sign up at the Bronze or Silver level we can still connect as a team to collaborate on your behalf - just not the comprehensive evaluation.

Q: What if your business re-opens while I still have sessions available on my passport. Can I come in for an in-person appointment instead of doing TeleMedicine?

A: Each individual practitioner will handle this independently as restrictions are lifted. Generally speaking, once we reopen - as long as you are healthy, symptom-free, and pass our health screen - you may decide to switch your session to in-person.

Q: Can I share my passport with my family?

A: You can do that...if you'd like. Just know if you split things up amongst your family, you may not get the full value of the passport - which is having our team collaborating on your behalf.

Q: Can I purchase a Passport now and choose a start date in the future?

A: Unfortunately, since this is a limited time offer, you may not choose a future start date.

Q: My finances are limited. Can I split this into monthly payments instead of paying in full?

A: Absolutely. You can split the silver passport into two monthly payments and the gold passport into three monthly payments for an additional \$10 per month.

Q: Are you offering a 'special rate' for the Prime TeleMedicine Passport to members?

A: Absolutely! Season Pass Holders and Annual Members save an additional 10%. [Contact us](#) and we will send you an invoice you can pay online.

Q: Is there a special rate if I pay by cash or check?

A: We always appreciate payments by cash or check; however, there is no further discount.

Q: How does a practitioner know I have a passport and how many visits I have left?

A: You must communicate to your practitioner when you schedule that you have a Prime TeleMedicine Passport.

Q: Will all of the practitioners be using the same TeleMedicine Service or am I going to need to know how to use various platforms?

A: The TeleMedicine service you utilize is dependent upon who you see. We'll do our best to guide you through each step of the way. We are all learning with these new platforms and have found that patience is key - through any glitches or wifi issues. Our intention is to make these sessions as simple and powerful as possible.

Q: If I need help scheduling these sessions can someone on your team help?

A: Absolutely! Kristin can you schedule your sessions - quickly and efficiently.