



**Harris Family Health**



# **Direct Primary Care Community Guide**

Harris Family Health  
432 N Saginaw St, Flint MI 48502  
P: 810-214-0075  
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Dr Aisha Harris, MD  
Family Medicine Doctor

2023 Edition

# Dear Future Member



Thank you for your interest in Harris Family Health and direct primary care.

Harris Family Health is a medical office in Flint, Michigan with Dr Aisha Harris, a Family Medicine Doctor who was born and raised in Flint, Michigan.

This Direct Primary Care Community Guide was created to be a resource for those who are curious about direct primary care, a membership based model, and want to learn more about Harris Family Health.

This guide shares valuable and helpful information for all future members.

If you want to learn more or have additional questions, please visit [harrisfamilyhealth.com](http://harrisfamilyhealth.com), call 810-214-0075, or email [info@harrisfamilyhealth.com](mailto:info@harrisfamilyhealth.com).

Thank you!

Dr Aisha Harris, MD



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# What is Direct Primary Care?

Direct Primary Care is a **membership based** primary care model.

It provides **full primary care** services through a monthly membership without billing or accepting health insurance.

It's **primary care with less hassle** by taking the "middlemen" out of the patient experience.



THE PATIENT



DR HARRIS

# What About Health Insurance?

Harris Family Health does not bill insurance.

Harris Family Health memberships are not a type of health insurance.

People can become members no matter their health insurance status, whether they have health insurance or not.

Members can use their insurance for services outside of Harris Family Health.

Dr Harris is considered an "out of network" doctor which can impact some referral services.



# Harris Family Health

Harris Family Health is Flint's first direct primary care clinic with Dr Aisha Harris, a Flint native and board certified Family Medicine Doctor.

432 N Saginaw St, Suite 401A  
Flint, MI 48502  
P: 810-214-0075



## Dr Aisha Harris

University of Michigan  
Ann Arbor, MI  
BSE Chemical Engineering

Georgetown University  
Washington, DC  
Doctorate of Medicine

University of Illinois  
Chicago, IL  
Family Medicine Residency

[www.harrisfamilyhealth.com](http://www.harrisfamilyhealth.com)

# There are not many like Dr Harris

Only 1 in 3 doctors are primary care doctors in Michigan

Only 1 in 3 doctors are female doctors in Michigan



# 5.1%

of doctors in Michigan are Black doctors

# Dr Harris is a Health Advocate

She is the Michigan  
Academy of Family  
Physicians Advocacy  
Committee Vice Chair

She is the National Medical  
Association Community  
Medicine and Public Health  
Section Vice Chair



She hosts the Black Family  
Doctor: Real Talk About  
Health and Life Podcast on  
Spotify and Apple with over  
2500 downloads.

She created the Flint Health  
Hub Newsletter to share  
Flint health news and  
provide health tips.





## **Dr Harris is a Family Medicine Doctor that provides care which includes...**

- Preventative Care and Screenings
- Women's and Men's Health
- Chronic Care Management
- Lifestyle Medicine and MORE

She works to understand your story and how social determinants of health impact you.



# Benefits of a Harris Family Health Membership

Members are supported as they put their health first and start a new health journey with a trusted doctor and resource.

Members feel heard and seen as they prioritize their health more conveniently through a stronger doctor-patient relationship.



**HEALTH  
IS A  
PRIORITY  
HERE**

Other Benefits Include:

- More Time with the Doctor
- More Convenient Care
- Personalized Medical Care
- After Hours Access
- Direct Doctor Phone Line
- Discounts on Meds/Labs
- AND MUCH MORE

*At Harris Family Health...*  
**You Will Not Feel Rushed**



Others offer only 15 minute appointments and make you feel like it's only **5 minutes** with the doctor.

Most doctors interrupt patients after **11 seconds** and 2 in 3 do not let you explain your situation.

**We offer 60 min appts!**

Harris Family Health offers longer appointments to provide time to be **heard and fully understood** to help complete a thorough evaluation and provide beneficial recommendations.

*At Harris Family Health...*

# You Will Not Be Just A Number

The average doctor takes care of over **2000 patients.**

Being part of a **crowd** can make some feel like another number in the health system.



Harris Family Health cares for a **small community** of patients, about 200–300 people.

Dr Harris knows her patients and provides **personalized medical care.**

*At Harris Family Health...*  
**You Talk To Dr Harris  
Directly And Easily**



Call center phone tag or leaving messages that get **misunderstood** like a game of "telephone" is not good for medical care.

Quick questions should not be a hassle.

Harris Family Health is a small business that provides **convenient and easy communication**.

Members get Dr Harris' direct phone number to connect **hassle-free** via phone and text.

*At Harris Family Health...*  
**You Put Your Health First**

**20%**

of people  
do not have a  
primary care doctor.



6 in 10 people have a chronic  
(long lasting) medical disease

Dr Harris provides **genuine and compassionate** care to real people as a **trusted** doctor.

She helps patients prioritize their health and build **strong doctor-patient relationships** by working together to achieve health goals.

*At Harris Family Health...*  
**You Do Not Waste Time**



Most people spend **121 minutes** on a medical visit (travel+wait+appt) which cost at least **\$43** in lost time.

Many people have to wait at least **26 days** to get seen in a medical appointment.

At Harris Family Health there are **no wait times or double booked appointments.**

Patients get **same day appointments** and can be seen conveniently via phone, video, or in person.

# *At Harris Family Health...* **You Save Money**

Doctor Appt = \$300-\$600

Urgent Care Visit = \$80-\$440

Co-Pays = \$25-\$75

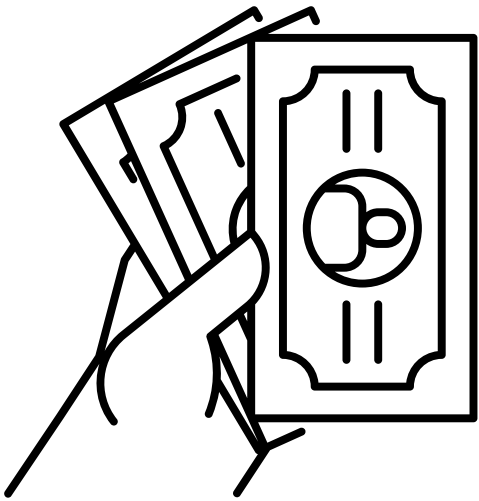


Harris Family Health memberships include **unlimited appointments** and **70-90% discounts** on medications and labs.

There are **no co-pays** and members get full primary care services significantly less than their deductibles (which reset yearly).



*At Harris Family Health...*  
**Health Care Is Affordable**



Medical debt is the leading cause of bankruptcy in the US.

The high cost of health care is pricing people out of the care they deserve.

High Deductible Health Plans leave many not accessing or avoiding health care because of cost and fear of medical bills.

Deductibles can be up to **\$7,500** for an individual and **\$15,000** for a family!

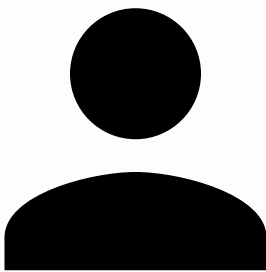
Harris Family Health provides **high quality and transparent** primary care at a fraction of the cost of most deductibles.

# HARRIS FAMILY HEALTH

## MEMBERSHIP PLANS



**ACCEPTING NEW PATIENTS  
AGES 4 TO 99+ YEARS OLD**

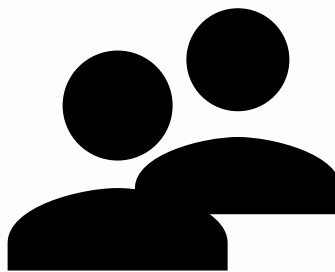


**ADULT**

**\$85**  
PER MONTH

This includes:

- Preventative Screenings
- Acute Care or Sick Visits
- Chronic Care Management
- Health Care Navigation
- Lifestyle Medicine Counseling
- Women's Health Services
- Men's Health Services



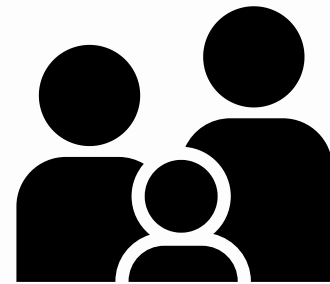
**FAMILY CARE**

**\$120+**  
PER MONTH\*

This includes:

- Adult Membership Service
- Well Child Examination
- Developmental Screenings
- School and Sports Physicals

\*Membership includes \$75/mo per Adult (12% off) and \$45/mo per Child (4-17yo)



**FAMILY PLUS**

**\$195+**  
PER MONTH\*

This includes:

- Adult Membership Service
- Well Child Examination
- Developmental Screenings
- School and Sports Physicals

\*Membership includes \$75/mo per Adult (12% off) and \$45/mo per Child (4-17yo)

# JOIN TODAY in **3 STEPS!**

Become a Harris Family Health Member today.

Visit  
[harrisfamilyhealth.com](http://harrisfamilyhealth.com)

Prioritize your health with more convenient health care.



## SIGN UP PROCESS

#1

PICK A YOUR MEMBERSHIP PLAN

#2

SIGN YOUR MEMBERSHIP AGREEMENT

#3

SCHEDULE YOUR APPOINTMENT

# JOIN TODAY!

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## Become a Harris Family Health Member

Learn more at [harrisfamilyhealth.com](https://harrisfamilyhealth.com).

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