WHAT DO YOU GET

- Robust electronic communication resources
- STAYHOME evaluation and comprehensive road map to your health
- See Dr. Gokula from home, office or in person at the office
- Membership in the PRISM Center for body, mind, and spirit
- Diet and nutrition advice and support using nutraceuticals
- Supportive therapies like Essential oil therapy, Relaxation therapy and gentle movement therapy
- Individualized lifestyle modification counseling
- Workshops and talks cultivating accountability and social interaction.
- Group talks on topics like Optimizing your Immune System and Food as Medicine
- Annual Routine Holistic Physical Examination
- Integrative services and health data communications storage program
- Pharmacy services through Accudose that includes delivery and compliant packaging for safer administration
CONCIERGE MEDICINE
What is Concierge Medicine?

Concierge Medicine is about serving with excellence and providing personalized, convenient, and well-connected care. We take advantage of the latest innovations in technology to provide state of the art connected care.

This approach provides physicians with the time to truly get to know their patients and to treat each member individually. Our approach to medical care is hands-on and emphasizes prevention and education. When your health is on the line, the physician sitting at your bedside makes all the difference.

Dr. Gokula will be taking advantage of the latest innovations to provide state of the art connected care. This approach provides Dr. Gokula with the time to truly get to know his patients and treat each member individually.

Your monthly or annual fee entitles you to these benefits with Dr. Gokula:
- Personalized appointments
- Greater flexibility for appointment times
- Preventive and continuous care
- Expanded communication with Dr. Gokula through robust communication resources
- Top-notch care using a holistic PRISM approach to health with a single focus to improve function and quality of life
- Medical Apps for health promotion and disease management

What is Concierge Medicine?

- We provide you a demo and a thorough walk-through of the communications platform
- After you become a member of Dr. Gokula’s practice, you will receive a Bluetooth blood pressure monitors and pulse oximeters, pill reminders, Fitbits, glucometers, and weighing machines as applicable to your situation, and will receive comprehensive training in connected care and how to use the included devices.
- Patients also create an account with the remote patient monitoring platform to see your readings at your convenience.
- Our support staff will help you navigate the MED M remote patient monitoring platform and create a patient portal to access your medical records.

WHAT IS HOLISTIC MEDICINE?

Holistic medicine is the art and science of healing that addresses the whole person – body, mind, and spirit.

Dr. Gokula integrates conventional and alternative therapies to prevent and treat disease and improve function and quality of life. His PRISM approach addresses physical, mental, and social wellbeing connecting body, mind, and spirit to optimize health.

The PRISM approach includes analysis of physical, nutritional, environmental, emotional, spiritual and lifestyle elements. He focuses on patient education and participation in the healing process.

The PRISM Center will be opening on the office property by Summer 2018. STAYHOME Concierge members will have access to:

BENEFITS OF CONNECTED CARE

- Reductions in the cost of providing quality care to the chronically-ill, estimated by the Center for Health Care Economics at the Milken Institute to be over $1 trillion per year
- Better customer service in healthcare and ongoing preventative health services
- Focused and personal patient-care experience
- Consumer engagement in health and self-management

- Heartfulness Meditation
- Yoga
- Food as Medicine
- Relaxation Therapy
- Hypnotherapy
- Acupuncture
- Massage Therapy
- Diet and Nutrition Guidance
- Aromatherapy
- Exercise Programs

Yoga
Food as Medicine
Hypnotherapy
Acupuncture
Massage Therapy
Diet and Nutrition Guidance
Aromatherapy
Exercise Programs

Heartfulness
Meditation

Relaxation
Therapy

Food as
Medicine

Hypnotherapy

Acupuncture

Massage
Therapy

Diet and Nutrition
Guidance

Aromatherapy

Exercise
Programs

Heartfulness
Meditation

Relaxation
Therapy

Food as
Medicine

Hypnotherapy

Acupuncture

Massage
Therapy

Diet and Nutrition
Guidance

Aromatherapy

Exercise
Programs