

CONCIERGE MEDICINE

A Simple Guide to a Growing Model of Care

Concierge medicine is an increasingly popular model that allows physicians to care for fewer patients while offering longer appointments and more personalized access.

Traditional Primary Care



~4,000–5,000 patients per physician



10–15 minute visits



Weeks to months wait times



Limited direct communication



Focus: Symptom management



Cost: Typically billed through insurance

Concierge Primary Care



~300–600 patients



30–60 minute visits



Faster access (same/next day often)



Direct messaging access



Focus: Improved access + experience



Cost: \$2,000–\$10,000 per year

Proactive Longevity Concierge Medicine



~50–500 patients



60–120+ minute visits



Same-day priority access



Direct communication (text/phone access)



Focus: Prevention, longevity, and root-cause care



Cost: \$10,000–\$250,000 per year

What Makes Specialized Concierge Medicine Different:

- ✓ Continuous, proactive monitoring vs. episodic, symptom-based care
- ✓ Access to advanced diagnostics, emerging therapies, and longevity innovations
- ✓ Highly individualized, physician-led care informed by real-time data
- ✓ Performance, cognitive function, and energy optimization—not just absence of illness
- ✓ Curated lifestyle and nutrition strategies aligned with each patient's biology
- ✓ Bespoke supplement protocols and fully managed, personalized supplementation systems

Concierge medicine spans a broad spectrum of care. For some, it is defined by access. While this model improves convenience, it does not fundamentally change how care is delivered. A more advanced model extends beyond access, integrating comprehensive diagnostics, continuous monitoring, and deeply personalized strategies to anticipate risk. At its highest level, concierge medicine becomes a dynamic, data-driven partnership to optimize health, enhance performance, and support long-term vitality.

Read the [full blog](#) for more details