

How my practice works.

For an annual fee, you get the following services:

- The time you need with the doctor you trust. Not the physician's assistant. Not the nurse practitioner. The doctor.
- No delay in reaching me. Same or next day appointments, prompt email response, and cell phone access, including after hours.
- Hours that fit your lifestyle. You work hard on the job and taking care of your family. Taking time to visit the doctor doesn't always fit into the 9-5 day.
- Communication with you, and with anyone who worries about you. From your grown children to your spouse. With your permission, of course.
- Proactive, preventative care. Not just colonoscopies and mammograms but a personal wellness plan so you can live a healthy life.
- An unhurried doctor. I am not overwhelmed because I have fewer than one third of the patients of regular doctors.

www.aliciacunningham.com
802-881-9019



Why this is different.

- 1. I spend the time you need.**
I'll care for you with only one thought in mind: what you need to get and stay healthy. Unlike a typical doctor, my time with you is not defined by the regimented 15 or 30 minute blocks that insurance and hospital systems allow.
- 2. You can reach me via phone or email.**
It is, after all, quite a few years into the 21st century. You use your phone and email for everything else, and now you can use it with me when you need to reach a doctor, not a receptionist. Sickness doesn't wait for Monday at 9 AM to strike, and disease doesn't stay on hold.
- 3. I have office hours beyond 9 AM - 5 PM, and you won't wait.**
You may have demanding jobs, or otherwise busy schedules. In addition to regular hours, I have office time available before traditional doctors' offices open and after they close. And you won't wait when you arrive. Just two more ways to make a doctor's visit hassle-free for you.
- 4. I communicate with you and your family.**
Medical issues often are complex, confusing, and sometimes frightening. I stay in touch with you on important issues, and at your request I can stay in touch with other family members as well. Because my practice is much smaller than that of a traditional doctor, I make sure that communication flows smoothly.
- 5. I help you understand using modern tools.**
The human body is amazing, functional, and mysterious. To help you understand what issues you may face, at your option I use software on an iPad to help you visualize what I am saying. This helps you to not get lost in doctor-speak. Often I can email you a PDF of what we looked at together in the office.
- 6. I practice wellness.**
Modern medicine has made great strides in treating disease. But whenever possible wouldn't you like to avoid illness proactively? Or address a health condition quickly before the problem intensifies? With an individualized exercise and wellness program and an extensive annual physical, we can move toward a healthier you.
- 7. I retrain myself constantly.**
This is one of the secrets of medicine today: as it gets exponentially more complex, doctors have less time to retrain themselves. Many simply don't, not because they don't want to, but because they do not have time. You wouldn't go to work and use a typewriter, or jump in your 1970's automobile. Medical knowledge gets out of date faster than ever. Because my practice has a small number of patients, I have time to keep my education timely and relevant.

My training.



Harvard Medical School

Ranked the best research medical school in the United States for 23 consecutive years by U.S. News & World Report, Harvard Medical School also was ranked the best medical school for internal, or adult, medicine in 2012. I graduated in 2002 and while there served as my Harvard Medical School class community service chair.



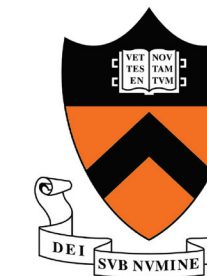
Brigham and Women's Residency

Brigham and Women's is an affiliate hospital of Harvard Medical School and is considered one of the top ten residency programs in the country. I did both my medical internship and residency there. I specialized in adult medicine outside the hospital, which is exactly the type of medicine I practice now.



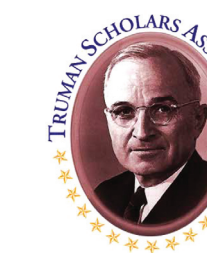
Harvard School of Public Health

I received a Masters of Public Health from Harvard, with a concentration in Occupational and Environmental Health. This training provides excellent background for wellness and prevention work.



Princeton University Undergraduate

In 1997 I graduated with a Bachelor of Arts, cum laude, from Princeton University. While there I studied at the Woodrow Wilson School of Public Policy, the only selective major at Princeton. I served on the Student Volunteers Council all eight semesters. I also met my future husband, who grew up in Bennington, Vermont, at Princeton.



United States Truman Scholar

I was selected in 1996 as one of the nation's 60 Truman Scholars by the Harry S. Truman Scholarship Foundation, which is currently headed by Madeleine Albright. Scholars are selected based on their demonstrated leadership potential, commitment to public service, and academic excellence.

Long ago, people could contact their doctor like they contacted their neighbor. And their doctor was the one who made medical decisions, both curing disease and proactively working on prevention.

And then, over the past three decades, big insurers and large systems took over. Primary care doctors were told how to practice, and how much time they could spend with a patient. Paperwork ballooned such that many primary care doctors now spend more time with billing and regulations than they do with patients. Doctors' offices are viewed as factories, with administrators telling doctors to focus on "efficiency" while patients feel increasingly alone. "Managed care" has become a buzzword.

But something's changing in America, something no one anticipated. The fastest growing trend in American health care is that primary care doctors are saying "enough." We are striking out on our own in order to provide better care, the way we were trained. To spend more time with patients in smaller practices. To focus on you, not paperwork and insurers. To give prevention a chance. To be reachable. To keep it personal.

Vermont is a birthplace of the local foods movement. But our health care is starting to resemble the industrial revolution. It's time for real change, and for me, and hopefully you, that change begins now.

Alicia Cunningham

Questions? Answers.

What does the annual fee include?

The annual fee covers all of your interactions with me. There are no additional co-pays for office visits. The fee also covers an individualized wellness and fitness plan and an extensive annual physical.

Does insurance cover the annual fee?

No, neither private insurance nor Medicare covers the annual fee.

Do I need to keep my insurance?

Yes. You need to keep your private insurance or Medicare, as it will cover your other health care needs, such as specialist visits, hospital stays, and imaging and testing, per the terms of your insurance agreement.

Can my spouse or children see you if I join?

Spouses have a special discounted rate. Children ages 17 - 25 are free.

How do you work with medical specialists?

I coordinate your specialty care, serving as the "quarterback" with knowledge of all your medical needs. Because I have more time to spend with each of my patients, I can dramatically enhance this process.

I have a parent or family member that I'd like you to care for while staying in touch with me. Is this possible?

Yes. With the patient's permission, I can care for him or her and keep you well-informed, whether you are in Vermont or out-of-state. This service often helps people trying to care for elderly parents who see not only me but specialists as well.

I have family members and guests who visit me. Will you see him/her if needed?

Yes. If you have a family member or out-of-town guest who needs my help on an urgent matter, I will see him or her.

Do you have an electronic medical record?

Yes. I use an electronic medical record. I update it after I see you, not while you are in the office. I can view the Fletcher Allen's hospital records as well.

What happens if you are away or otherwise unavailable?

If I am away, Dr. Frank Landry will provide the same level of care and responsiveness that I will. He is widely considered one of the best internal medicine doctors in Chittenden County. He and I share office space and we communicate regularly.

Is it true that I can just call your cell phone or email you when I need to reach you?

Yes. It's that convenient. Here's my number: 802-881-9019.
And my email: md@aliciacunningham.com

Doctor, Redefined.



Alicia Cunningham, MD

You deserve a relationship with a doctor who engages in your health and is available when you need her. A doctor who focuses not just on disease management, but on prevention and wellness as well. That's concierge medicine. You'll love this unhurried, personal approach. It's health care that fits your life.

