



*Tolbert*  
MEDICINE

## PERSONALIZED CARE FOR A BETTER YOU

Healthcare in this country grows more complicated and expensive every year. Choices for doctors, medicine and services are becoming more restrictive. Faced with declining reimbursements, doctors are under growing pressure to see more patients without sacrificing the quality of care.

In response to these trends, Dr. Alicia Tolbert opened Tolbert Medicine, a medical practice offering highly personalized wellness and primary care to a limited number of patients. This type of practice, sometimes called “concierge medicine,” is based on a simple concept: The doctor provides comprehensive primary care and wellness services to a limited number of patients, with each patient paying a fixed annual fee for the services.

Dr. Tolbert has reduced the number of patients under her care from 2400 to approximately 350. Each patient pays a \$1500 annual fee.

This new, simpler doctor-patient relationship removes the influence of insurance companies and makes Dr. Tolbert much more accessible to patients. Most insurance plans are PPO and will integrate well with Tolbert Medicine, as will most Medicare plans.



*“We exist to provide valuable service, care with excellence, and to be a blessing to you and your family. Medicine is our calling - your well-being is our goal.”*

— Alicia Tolbert, MD

## A more personal relationship with an emphasis on wellness ▼

With no interests to serve other than yours, Dr. Tolbert can work with you to develop a more effective doctor-patient relationship, focusing on your long-term wellness and helping you become healthier and happier.

Your fixed annual fee covers wellness planning and your annual executive physical, with up to eight visits at no additional cost. You can pay your annual fee with one payment or on a quarterly basis.

Your new doctor-patient relationship includes the following benefits:

- Same-day availability
- Priority appointments with extra time
- On-time appointments (finally!)
- 24/7 access to Dr. Tolbert via email, phone or text
- Phone and email consultations
- Fast, skilled coordination of specialist care when necessary
- Wellness planning and executive physical
- Courtesy care for dependent children ages newborn and up when 2 parents are enrolled in practice (no charge)
- Courtesy care for out-of-town guests at \$100 per visit

With a smaller number of patients to care for, and without the restrictions associated with a hospital system or insurance companies, Dr. Tolbert can take the time she needs to develop a better understanding of you and your health. There are no third parties pushing to schedule more patients, deny coverage or cut reimbursements.

This extra time and unrestricted access to Dr. Tolbert allows for a full, unhurried consultation with time to ask questions and answer them thoughtfully.

## The start of your new wellness program — a comprehensive, executive physical ▼

Your new wellness program and physical exam address your heart health, respiratory health, weight management, sleep, hearing and emotional well being. Dr. Tolbert takes a comprehensive approach to reviewing your risk factors — what you eat and how much, your weight, blood pressure, cholesterol levels, physical activity, alcohol consumption and tobacco use. The executive physical includes all standard lab tests, an EKG, with additional cardiovascular health diagnostics, pulmonary function test and system-focused assessments.

Based on the results of your physical exam, Dr. Tolbert will develop a personalized wellness program for you and then work with you to help you achieve your goals. If your exam reveals early-stage development of chronic conditions — heart disease, high blood pressure or diabetes — Dr. Tolbert can offer preventive care to slow or, in some cases, reverse these conditions.

If you need additional or more specialized care, Dr. Tolbert can see that you receive it. She can be a better advocate for your interests as a patient, working physician to physician to ensure that your specialist care is truly complementary, instead of the disjointed care it often is today.

## Welcome to your new doctor-patient relationship ▼

Dr. Tolbert and her staff are ready to help you make the transition to Tolbert Medicine, to show you how effective healthcare can be when nothing comes between you and your doctor. Over the years, a number of institutional and industrial barriers have sprung up between doctors and their patients, in the form of rushed appointments that are hard to schedule, denial of coverage and the basic ability to do what's best. This new practice eliminates those barriers, so nothing comes between you and the highest level of care that Dr. Tolbert can provide.

For more information on Tolbert Medicine, and the benefits of a practice personalized for a better you, visit [tolbertmedicine.com](https://tolbertmedicine.com).



*“Medical care will now be on time,  
personalized and unrushed  
— with 24/7 accessibility to your  
personal physician.”*

**Interested in being a patient?  
Email Dr. Tolbert at  
[admissions@tolbertmedicine.com](mailto:admissions@tolbertmedicine.com).**

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## About Tolbert Medicine ▼

- A smaller practice offering more personalized primary care and wellness to a limited number of patients and families
- A simpler, easier way to enjoy good health and wellness
- Practice benefits include:
  - » Same-day availability
  - » Priority appointments with extra time
  - » On-time appointments (finally!)
  - » 24/7 access to Dr. Tolbert via email, phone or text
  - » Phone and email consultations
  - » Fast, skilled coordination of specialist care when necessary
  - » Wellness planning
  - » Executive physical
  - » Eight visits (annual physical plus seven additional visits)
  - » Courtesy care for dependent children ages newborn and up when 2 parents are enrolled in practice (no charge)
  - » Courtesy care for out-of-town guests at \$100 per visit

## About Dr. Tolbert ▼

Dr. Alicia Limbaugh Tolbert is a *magna cum laude* graduate of the Calhoun Honors College at Clemson University. While at Clemson, she studied both English and Biological Sciences. She earned her M.D. at the Medical University of South Carolina. Dr. Tolbert completed her residency at AnMed Health where she served as Chief Resident and earned the Resident Research award.

Dr. Tolbert is married to the Rev. Bret Tolbert. Together, they enjoy traveling, mission work, sports and volunteering at NewSpring Church. They love spending time with their three children: Aaron, Bryson and Jana.



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