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## Fee Table

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**Adult** (40-64): \$55/month (\$660/yr.)

**Young Adult** (18-39): \$40/month (\$480/yr.)

**Child/Teen** (<18): \$15/month (\$180/yr.)  
with one parent/guardian membership

**Older Adult** (≥65): \$70/month (\$840/yr.)

### DISCOUNTS

- **Couples/family:** 15% discount on total monthly cost
- **Prepay for one year:** 1 month discount
- **Achieve health goals, attend Paradigm Shift classes, move towards a plant dominated diet:** 10% discount on total monthly cost

### JOINING FEE & 3 MONTH MINIMUM

There is a \$29 one time cost for joining Foothills Family Care LLC. Additionally, a new patient must commit to 3 months of the membership. Both the joining fee and 3 months of membership are non-refundable but, after that, if a patient wants to leave the practice one month notification is all that is required. Prior to joining you can request a free introductory visit with Dr. Carroll to discuss the Direct Primary Care model and see if this practice is a fit for you.

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### Contact Us

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Changing old, harmful behaviors can be a struggle, but healthy eating can be fun and enjoyable. The goal of **Paradigm Shift for Health** is to introduce you to healthy food – provided at each class – and help you make food choices (whether cooking at home or dining at a restaurant) that follows a whole foods plant based diet.



**Dr. Cory Carroll**

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**Cory D. Carroll, M.D.**

Board Certified Family Practice

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**DIRECT  
PRIMARY  
CARE**

**PATIENT INFORMATION**



## Direct Primary Care

**Direct Primary Care (DPC)** is just what the name says—a direct relationship between patient and physician without an insurance company in the middle.

In order to be a patient in my practice you pay a monthly membership fee (see fee table) that covers all office visits, minor surgeries, limited vaccines, in-office testing and physicals. There are no copays, deductibles or extra charges, and I do not bill your insurance company. (We can provide you with a statement that you can submit to your insurance company if they reimburse for out-of-network care.)

Freedom from insurance companies means that I can care for you via email, Skype or phone if a face-to-face visit is not necessary. I will have regular office hours as well, so we can accommodate all your primary care needs.

To be clear, **you still need insurance for the large ticket items** (hospitalizations, surgeries, MRI/CT, laboratory tests, etc.), but you don't use it to see me.

More information is available through my website **[www.FoothillsFamilyCareLLC.com](http://www.FoothillsFamilyCareLLC.com)**

Take care  
of your **body**.  
It's the only  
place you  
have to **live**.

## My Philosophy

I want you to be actively involved in your care, and to be willing to implement lifestyle and/or dietary changes that will help prevent or mitigate chronic diseases.

My goal as your physician is to teach you how to improve your health and support your efforts to stay healthy and functional throughout your lifetime.

I will also be there to provide primary medical care and, if needed, help guide you through the complex maze of our health care system when you are seriously ill.

When you are at an ideal body weight, eating a plant dominated plate and in good aerobic fitness then your risk for chronic disease is at its lowest. Current medical care focuses on illness and ignores the powerful capacity of the body to heal and manage illness. My office will focus on the innate healing of the body first and then look toward outside intervention.

I want my medical office to be a place where

**HEALTH IS THE NORM RATHER  
THAN THE EXCEPTION.**



Included in the DPC monthly fee is the program I created called "Paradigm Shift for Health" (PSFH). The program helps patients understand the importance of a healthy lifestyle that includes a whole foods plant based diet (WFPBD).

The PSFH program currently consists of classes covering a variety of health related topics that are offered in rotation throughout the year. Each one and a half hour class consists of a lecture, a sampling of tasty plant-based food as well as an introduction to beneficial lifestyle behaviors such as "mindful eating," yoga, fasting, etc. PSFH participants can also enjoy opportunities to work with vegan chefs and take cooking classes that incorporate the WFPBD (an additional fee will be charged for these classes).

The current series covers:

- **Coronary Vascular Disease**
- **Cancer**
- **Dementia**
- **Diabetes**
- **Hypertension**
- **Ideal body weight**
- **Medical Fasting**
- **Osteoarthritis**
- **Osteoporosis**
- **Understanding what you eat (and why)**