

How to use Concierge Medicine for Fortune Building

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January 18, 2018

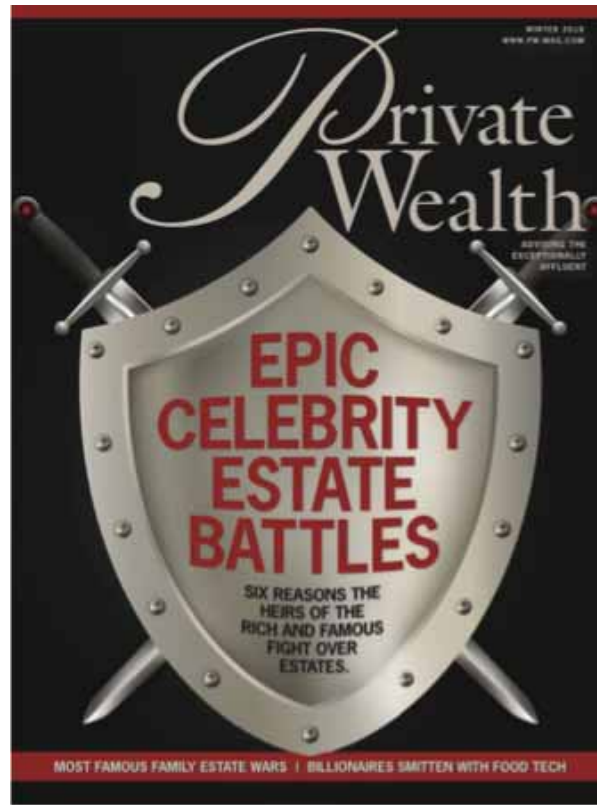


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Continuous Connected Care

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**AARP estimates that Medicare will
only cover 57% of an average U.S.
couple's healthcare costs**

The connection between wealth and health

Why do I care about this connection?

**What most
people do:**



Their Health:

- Modestly overweight
- Unaware of their chronic disease
- Doesn't exercise consistently
- Unaware of their family history



Their Medical Care:

- Relying on a local, rural or semi-rural hospital-based PCP to protect them from illness
- No personalized plan based on their family history
- Isn't actively managing their chronic condition

Their Savings and Insurance:

- Won't cover the Medicare gap
- Don't account for long-term care costs or extra services like physical therapy
- No money to pay for cutting edge treatment (often outside the USA)

The problem:
The system doesn't pay for prevention.

Their outcome:

- Many healthcare events, including some major ones like cancer and heart disease,
- Not enough savings enough to receive great medical care
- Live their retirement in reaction to healthcare events



What proactive people do:



Their Health:

- Healthy weight
- Exercises vigorously 5-6 days a week
- Eats a Mediterranean diet
- Know their family history inside and out

Their Medical Care:

- Has a concierge physician who's completely aware of their family history and risks
- Has a plan that's based on a prevention checklist
- Has clear health goals that are being tracked

Their Savings and Insurance:

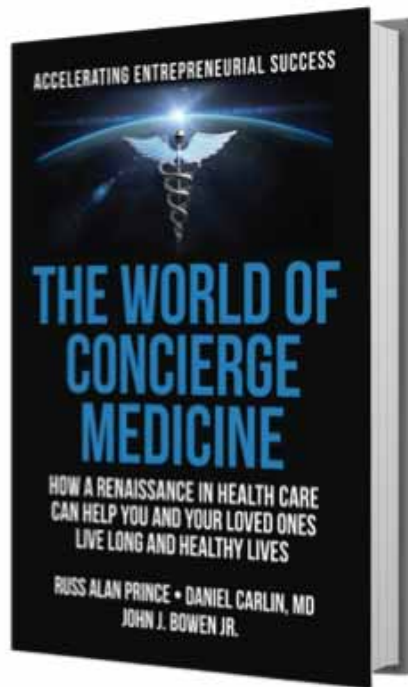
- Deliberately set aside a growing pool of money for healthcare when they were healthy
- Planned to pay for a concierge physician for preventive care
- Planned to pay for treatments and services that aren't covered by insurance
- Planning to spend about \$10,000/year on basic medical care, with that number growing with age

The key:
They paid for prevention

Their outcome:

+ 12 years (cognitively intact)

No major disabilities or health events



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