



## Welcome new kavira member!

Kavira is an everyday healthcare membership that offers you and your family the most convenient and affordable everyday healthcare imaginable.

Kavira is a local MN company that provides you and your family with unlimited, on-demand, completely free (or almost free) access to our providers via an app on your phone, and through in-person home visits (that's right, a clinician will come to your home, and deliver care in your living room, for free! Or for a very small fee).

The service has already been fully paid for by your employer – and is now completely free for you and your family to use.

Our clinic is available weekdays from 8am-7pm, and weekends from 12pm-4pm.

To access our services, please download our secure messaging app here: [www.kavirahealth.com/download](http://www.kavirahealth.com/download). Or call or text us at our clinic number, here: (763) 373-3856

Services available to you include:

- On-demand messaging, videochats and phone calls with nurse practitioners
- Same-day home visits
- Behavioral health counseling
- Acute care
- Chronic condition management
- Preventive care
- Bloodwork (free tests such as A1c, cholesterol, thyroid, etc)
- In-home x-rays
- Prescription delivery

There's more information in the rest of this brochure, which will give you an overview of the services provided. If you ever have a question, please reach out to us.

We hope the next time you, or a family member needs care, you'll reach out to us. Our experienced team of board-certified nurse practitioners looks forward to caring for you!

**Your Kavira Care Team,  
Kavira Health**

# kavira.

Care, like it should be.



## Mobile App

Secure, HIPAA-compliant messaging and videochats with expert providers



## House Visits

When in-person care is needed, our clinicians come to you



## Free Care

Employees and their families get unlimited, \*free care. No copays, no insurance hassles, no surprise bills

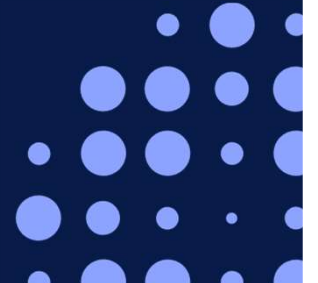
*\*\$5 fee for home visits for HSA-eligible employees*



## Rx Refills & Delivery

Prescription management and Rx delivery

[www.kavirahealth.com](http://www.kavirahealth.com)



# Services List

## Acute Conditions We Treat:

- 1st degree burns
- Asthma
- Athlete's foot
- Bronchitis
- Bug bites
- Cold sores
- Cough, cold & flu
- Diarrhea
- Ear concerns (pain, drainage, wax)
- Hand, foot, mouth
- Headache
- Mononucleosis
- Muscle or joint pain
- Pink eye
- Rashes
- Sprains and strains
- Sinus infection
- Sore throat
- Stitches or staples
- Suture removal
- UTI
- Vaginitis (yeast or BV infection)
- Various viral illnesses
- Wart evaluation
- Many more

## Chronic Conditions We Treat:

- Acne
- Anemia
- Anxiety / Mild-moderate depression
- Asthma
- Constipation
- COPD
- Diabetes type 2
- Eczema
- Epi-pen refills
- GERD / Reflux
- Gout
- High cholesterol
- Hypothyroidism
- Menopause
- Obesity
- Osteoarthritis
- Osteoporosis
- Seasonal allergies

## Imaging:

- X-rays
- EKGs

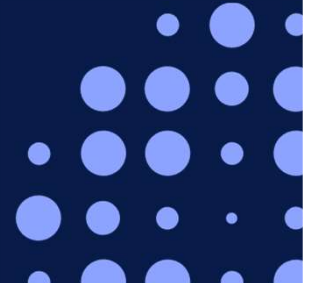
## Preventive

- Annual physicals
- Sports physicals
- Contraception
- Tobacco / nicotine cessation
- Well child
- Wellness goals

## Behavioral Health Counseling:

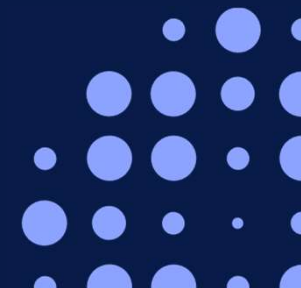
- Abuse
- Addiction
- Anxiety
- Depression
- Domestic violence
- Trauma
- Relationship counseling
- Stress
- Workplace challenges

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# Included Labs

Lab Test	Reason	Lab Test	Reason
Fasting Lipid Panel	Annual Physical	FSH & Luteinizing Hormone (LH)	Women's Health
CBC w/ Differential / Platelet	Annual Physical	Wet Prep	Women's Health
Complete Metabolic Panel	Annual Physical, Diabetes	Prostate Level	Men's Health
Basic Metabolic Panel	Annual Physical, Diabetes	Uric Acid Level	Gout
Hemoglobin A1c	Diabetes	CBC, No Differential / Platelet	Anemia
Fasting Glucose	Diabetes	Folate Level	Anemia
Triiodothyronine (T3)	Thyroid	Ferritin Level	Anemia
Thyroxine + T4	Thyroid	Amylase	Pancreas
Thyroid Stimulating Hormone (TSH)	Thyroid	Lipase	Pancreas
Thyroid Panel	Thyroid	ANA	Autoimmune
Urinalysis	Genitourinary	Mononucleosis Test	Other
Urine Culture	Genitourinary	Magnesium	Other
Prolactin Level	Women's Health	Vitamin B12	Other
Follicle-Stimulating Hormone (FSH)	Women's Health	Fe+Total Iron-Binding Capacity (TIBC)	Other
Pregnancy Test (hCG)	Women's Health	Vitamin D, 25-hydroxy	Other



# Your Partner in Health

**“It was so convenient and easy.** The nurse practitioner I spoke with was Angelica. She was very responsive **and even checked back to make sure I was feeling better”**

**“I just wanted to give you an update and a word of thanks.** After our visit, I went to urgent care last night and got a CT scan, finding out it was what you suspected: appendicitis. **If I hadn’t acted on it yesterday, it could’ve gotten really messy this weekend! ...”**

**“Kavira is literally changing my life...”**

**“This system has made getting my care needs met so incredibly accessible, efficient, and comfortable.”**

**“I truly feel a relationship with the providers and I am just grateful...”**

**9/10 Across All Patient Encounters**



## Try Us Out

**Kavira is FREE (or just \$5 per home visit if on an HSA-eligible plan) for you and your family to use however often you need it.**

So next time you aren't feeling the best, have a question about a mysterious ache or pain, need to speak to a therapist, or just want some wellness advice, think of Kavira.

**Activate Your Care:**



**Call or text: (763) 373-3856**

**[www.kavirahealth.com/download](http://www.kavirahealth.com/download)**

