



# Welcome to Our Practice

Cary, North Carolina



**KARRENBauer  
INTEGRATIVE FAMILY  
MEDICINE CENTER**



Karrenbauer Integrative Family Medicine (KIFM) is a Direct Care practice. We offer a model of family medicine that is patient-focused, thorough, holistic, personalized, accessible, and affordable.

Integrative medicine is a modern approach to maintaining health and preventing or treating chronic disease. It is a healing-oriented medicine that emphasizes a holistic, patient-focused approach to health care and wellness - body, mind, spirit and community.

At KIFM, we advocate in returning family practice medicine to its roots values in clinical excellence and compassionate care and restoring the sanctity of the patient-physician relationship.

Our medical practice offers integrative primary care that focuses on your family and aligns with your lifestyle.

Direct Primary Care (DPC) is a low-cost medical practice model where patients have a direct access to their primary care physician with a low monthly flat fee. **DPC removes insurance from doctor-patient relationship.** This growing movement helps remake the healthcare system in a way that benefits both physicians and patients, while containing costs and increasing quality of care.

By cutting out the administrative costs of complying with health insurance, the physician reduces overhead and savings are passed on directly to the consumer. Meanwhile, doctors are freed to spend more time with fewer patients.

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## Service Features and Benefits

### **Direct Access to Your Doctor**

Full access via, e-mail, text messaging and phone.

### **Extended, Relaxed Visits**

Extensive and unhurried checkups and exams.

### **Same-Day and Next-Day service scheduling**

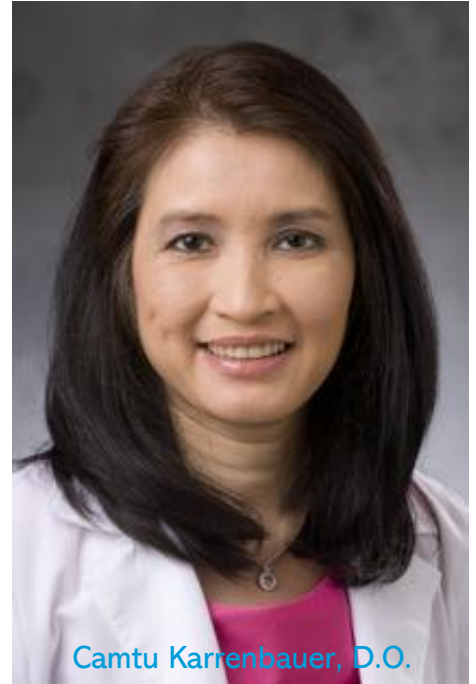
Avoid the quick urgent care or traditional practice visit with unnecessary long wait times.

### **Annual Wellness and Prevention Assessment**

This exam will be tailored to your personal medical needs and specific wellness goals.

### **Acute and Chronic disease Management**

Continuity of care from your “own” physician who knows your specific medical needs and goals.



Camtu Karrenbauer, D.O.

## Membership Access

- No co-pays for office visits or routine annual physicals.
- Direct savings to you through our pre-negotiated measures for prescription medications, labs, and radiology services.
- Physician access is one of the greatest benefits of the direct primary care model.

## Hours

Mon. – Fri.

9:00 AM – 4:00 PM

Saturday Closed

Sunday Closed



Website QR Code



## Contact Us!

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