



# What to know. What to expect.

## What services does the Health Center provide?

Your CareTeam Corporate Health Center powered by CareATC provides:

- Primary & Urgent Care Services
- Chronic Disease Management
- Health & Wellness Coaching
- Telemedicine
- 100% Confidential

## What types of treatments are provided at the Health Center?

- |                       |                       |
|-----------------------|-----------------------|
| • Allergies           | • Hypertension        |
| • Asthma              | • Lacerations         |
| • Cold & Flu          | • Minor Burns         |
| • Congestion & Sinus  | • Sprains & Strains   |
| • Diabetes Management | • Thyroid Dysfunction |
| • High Cholesterol    | and more              |

## Who is eligible to use the Health Center?

- All associates of Bowman Andros
- All spouses and dependents age six and older

## How do I schedule appointments and communicate with the provider?

Appointments can be scheduled by calling the Health Center at 703.429.9657. The Health Center does not take walk-ins.

You can also schedule an appointment via our secure patient portal. Please go to [www.careatc.com/Bowman](http://www.careatc.com/Bowman) and click on the "Patient Portal" button.

To use the Patient Portal, all patients must first register. To register, please follow the same link above, click on the Patient Portal button and click "Sign up Today" highlighted in the bottom right-hand corner of the page. Follow the instructions.

If you encounter any issues with the registration process, please call the Health Center directly at 703.429.9657.

## Is my medical information confidential?

**Yes.** CareTeam is HIPAA compliant and adheres to all applicable laws and regulations governing the security and confidentiality of patient information. All patient provider communication is protected and confidential.

### How much does an appointment cost?

- For the Basic/Enhanced Health Plan, all visits are \$0.
- For the High Deductible Health Plan, preventive care is also \$0 but non-preventive services have a \$25 co-pay.

**Examples of preventive** services include: annual physical and blood draw related to annual physical; many common immunizations; preventive assessments and screenings; health coaching and nutrition counseling.

**Examples of non-preventive** services include: appointments for acute issues like sinus infections, allergies, colds, or rashes.

### Can I get prescriptions through the Health Center?

Your clinician will determine if prescription medication is required during your visit. If a prescription is needed, an e-script will be sent to a pharmacy of your choice.

### What lab services are performed onsite?

The Health Center has a standard formulary of lab services that we offer for your convenience. For more complex testing, we provide on-site blood draws.

### How do I get a copy of my care summary from the Health Center?

For a summary of your care, test results, and medications, you can access that information directly in your Patient Portal: [www.careatc.com/Bowman](http://www.careatc.com/Bowman).

### Can I contact the clinician if I have any questions?

You may send your provider a message through the Patient Portal at [www.careatc.com/Bowman](http://www.careatc.com/Bowman). You also have the option to call the Health Center phone number at 703.429.9657 and leave a message. The provider will respond to your inquiry in a timely manner. If you have a medical emergency, dial 911.

### Can I keep my current primary care physician?

**Yes**, you can keep your primary care physician. The Health Center provides an additional convenient option to address your healthcare needs and concerns. For those who do not have a primary care physician, your dedicated clinician at the onsite health center can also serve as your primary care provider.

### What if I need to see a specialist?

Your clinician will make referrals and coordinate care with specialists when needed.

### How do I schedule a telemedicine appointment with my Health Center provider?

CareTeam provides scheduled virtual visits (telephone or video) for the convenient treatment of minor medical issues as well as routine health coaching and care follow-up. For certain clinical conditions, CareTeam's virtual services can be a convenient substitute for an in-person appointment when/if patients are in a remote office location or are otherwise unable to come to the Health Center in person for an appointment, perhaps due to an illness. However, virtual care is not applicable in all cases and is never preferable to an in-person visit whenever possible.

Patients should consider utilizing CareTeam's virtual services for health coaching, care follow-up, and/or treatment of routine minor medical conditions such as the following:

- Allergies
- Asthma
- Bladder Infections
- Bronchitis
- Cold & Flu
- Diarrhea
- Insect Bites
- Pink Eye
- Skin Problems
- Sprains & Strains
- Respiratory Infections

CareTeam's virtual appointments are available during regular Health Center hours. Patients can schedule a virtual telemedicine video appointment by visiting [www.careatc.com/Bowman](http://www.careatc.com/Bowman) and clicking on the Patient Portal button, clicking "Schedule Appointment" and on the drop-down menu, selecting "Secure Online Video Appointment" as the appointment type.

If a patient has any issue with scheduling, he/she can contact the Health Center directly at 703.429.9657.



**CareTeam**  
powered by CareATC

Scan to  
Schedule



Two easy ways to schedule an appointment: ☎ 703.429.9657 🖥 [www.careatc.com/Bowman](http://www.careatc.com/Bowman)

# CareTeam Corporate Health Center

## Meet Your Medical Provider



### Brittany Barbarisi, PA-C

#### Primary Care

Brittany Barbarisi, PA-C is a board-certified physician assistant who acquired her undergraduate degree in health sciences at Arizona State University in 2014 and went on to attend Northern Arizona University's Physician Assistant (PA) Program. Prior to entering PA school, she spent many years working as a medical assistant in emergency medicine, obstetrics/gynecology, urogynecology, and cardiology outpatient practices in Arizona

Brittany has high expectations when it comes to providing her patients with the best care. She strives to provide thorough education on healthcare topics to empower patients to take control of their well-being. She believes that disease prevention involves a multi-faceted approach involving nutrition, exercise, and lifestyle modification, which also improves overall patient physical and mental well-being. Her personable, thoughtful, and compassionate approach to care helps to build strong, long-term patient relationships built on trust and respect.

In her free time, Brittany enjoys creating wood-burning art, weightlifting, practicing yoga, watching Netflix, hanging out with her friends, and going to the dog park with her two pups, Lady and Tucker.

#### CareTeam Corporate Health Center

*powered by CareATC*

10287 Old Valley Pike  
Mount Jackson, VA 22842

#### Hours

Mon/Tue	9:30am - 6pm
Wed	8:00am - 4:30pm
Thu/Fri	7:00am - 3:30pm

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Schedule



**Two easy ways to schedule an appointment:**

📞 703.429.9657 🖥️ <http://www.careatc.com/Bowman>



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