

## **Palmyra Area Chamber of Commerce Spotlights Nurse Practitioner Health Services, Palmyra, LLC**

### **A Unique Approach to Health Care**

Now there's a unique option available in Palmyra for basic health care services. Palmyra resident and board-certified Family Nurse Practitioner, Rebecca McAllister, has recently opened Nurse Practitioner Health Services, Palmyra, LLC, (NPHS), located in the Masonic Building on Third Street.

Nurse Practitioner Health Services is a direct health care provider that offers low-cost, high quality healthcare without the hassle of co-pays, deductibles, authorizations, and time limits for care. As a direct health care provider NPHS does not submit to insurance, and in turn, can keep costs affordable. Charges are based on flat rate fees. NPHS offers both house calls and in-clinic services.

When asked why she went into this type of business, McAllister stated, "I love my community, and improving the health of the community is vital for everyone's well-being. My passion is promoting wellness and helping people take better care of themselves."

While attending a Wisconsin Nurse Practitioner conference, she was introduced to the owners of All-Direct Care, a direct health care provider company that offers start up and management services for direct pay health care clinics.

McAllister's clinic shares the reception staff, encrypted electronic medical record software, collaborating physician, and lab contracts with two other nurse practitioner clinics located in Appleton and Tomahawk. By dividing the costs, they are able to provide very affordable health care to their respective communities.

She started her nursing education as a second bachelors degree from Saint Louis University, and worked for many years as an RN in pediatrics in Chicago. When she finished her doctorate degree and passed the national certification exam, she spent the next 12 years providing primary health care to underserved populations. At one point she transitioned into teaching, but missed clinical practice, and found a job just a short distance from Palmyra at the college health clinic at UW-Whitewater. "A Family Nurse Practitioner is an all-ages, general healthcare provider," McAllister explains, "from being in healthcare for 25 years, there's not much I haven't seen!" She also teaches mindful meditation at the Powers Memorial Library, and from her home business, Connected Wellness Center.

A different way to look at delivering health care services, the NPHS clinic is independent from the managed care bureaucracy, and not affiliated with any insurance company. "I can spend as much time with each patient as my patient needs, and really listen," McAllister explains. At the

NPHS website, [www.NP-Health-Services.com](http://www.NP-Health-Services.com) , all the clinic fees are posted. There's no guesswork or mystery billing. NPHS accepts cash, debit, credit, or Health Savings Account (HSA). They do not take insurance.

NPHS is the affordable option for those who have high-deductible health insurance, uninsured, or small business owners and their employees. It's convenient for those who want basic medical care right in their own community. For those who need lab work, NPHS is an affordable and convenient solution. McAllister may even be able to help find lower costs for prescriptions through an independent pharmacy.

McAllister says, "I'm here for the greater Palmyra community. I see all ages for annual check-ups, acutely ill visits, and management of chronic health problems like diabetes, asthma, high blood pressure, thyroid conditions, etc. I even make house calls!"

Nurse Practitioner Health Services, Palmyra, LLC is located at 125 N. 3rd St. Suite E, Palmyra. Hours are by appointment, generally Tuesday and Thursday evenings, and Saturday mornings. Expanded hours in the summer. Email, [info@np-health-services.com](mailto:info@np-health-services.com), website, [www.NP-Health-Services.com](http://www.NP-Health-Services.com). Appointments can be made by calling 920-840-8524.