

# How Flex Health is Pioneering the Future of Personalized Healthcare: The Rise of Holistic, Patient-Centered Care

## What People **Actually** Need in Healthcare: Compassion, Time, and True Care

*The healthcare system, as we know it, is **broken**. It's a fragmented machine built to manage symptoms rather than understand the person behind them. Appointments are rushed, medical bills mount, and bespoke care is often sacrificed in favor of efficiency. The average physician spends just **16 minutes** per patient visit, much of which is consumed by administrative tasks like reviewing electronic health records.*

Patients often feel unheard when their experiences are reduced to data. In his previous role, Dr. Beau Gedrick saw a healthcare system that ranked conditions by severity, giving higher ratings—and charges—to "serious" diagnoses. This system turned human suffering into an algorithm, pushing providers to prioritize complex cases over truly addressing individual needs. **"We stopped acknowledging everyone's pain equally,"** Gedrick explains. **"It became about coding and billing, not caring for people."**

The healthcare system has gradually strayed from its true purpose: caring for people.

This is the very problem Dr. Beau Gedrick set out to solve. **"We've forgotten what healthcare is truly about—people, not paperwork,"** Gedrick emphasizes. **"Patients need time, empathy, and care that sees them as whole human beings, not just a checklist of symptoms to manage."**

According to the Commonwealth Fund, over 40% of U.S. adults feel their healthcare providers don't spend enough time with them, leading to missed opportunities for addressing the root causes of health issues. Gedrick's approach with **FlexHealth** flips this by focusing on longer appointments, direct communication, and, most importantly, listening. "Real healthcare happens when patients have time to tell their stories," he emphasizes.

For Dr. Gedrick, building relationships is key to effective care. More interaction leads to a deeper understanding of patient needs and tailored treatment plans. Research supports this: concierge care models—like Flex My Health—lead to higher satisfaction and better outcomes.

## From Burnout to Breakthrough: The Birth of Flex Health

For Dr. Beau Gedrick, reshaping healthcare became a personal mission after witnessing firsthand how disconnected the system had become from the people it serves. ***"Even with insurance, patients were paying out of pocket while large corporations benefitted,"*** Gedrick recalls. ***"I knew there had to be a better way—centered on people, not just profits."***

The tipping point came when his hospital system merged with a for-profit entity, shifting the focus toward revenue over care. Asked to sign a non-compete without discussing his role, Gedrick walked away. ***"It wasn't about my career anymore,"*** he reflects. ***"It was about standing up for what healthcare should be—compassion, time, and genuine care."***

Investing his life savings into Flex Health, Gedrick designed the practice to go beyond symptom management. Here, every appointment aims to understand each patient's medical history and assess the body holistically. "We take the time to get the full picture," Gedrick explains.

At **Flex Health**, patients can access various services, including **mental health support, physical therapy, and nutritional guidance**. This comprehensive, one-stop approach eliminates the need for multiple referrals and ensures that care is coordinated, providing long-term solutions. ***"We don't just treat symptoms,"*** Gedrick adds. ***"We get to the root of the issue—stress, diet, or movement—and create lasting wellness plans."***

## The Concierge Model: Time, Connection, and Lasting Wellness

The rise of concierge medicine reflects a growing dissatisfaction with traditional healthcare's hurried, impersonal nature. **Flex Health fills this gap by offering time and care that understands your story.** Smaller patient panels allow for longer appointments, same-day access, and direct communication, ensuring patients feel heard.

***"At Flex Health, we believe time is the most valuable asset we can give our patients,"*** Gedrick explains. This commitment fosters deeper physician-patient relationships and better outcomes. **This model isn't just theoretical—it's grounded in actual results.** One such success story is of a middle-aged man with high cholesterol and blood pressure. After working with Gedrick's team on **mindset, diet, and physical activity**, his health improved dramatically. ***"Within months, his cholesterol stabilized, his blood pressure dropped, and he avoided the prescriptions typically given in a traditional setting,"*** Gedrick shares.

This success is a testament to how holistic care doesn't just treat illness but fosters lasting wellness.

## A New Way Forward in Healthcare

**Flex Health** is more than just a healthcare practice—it's a comprehensive solution offering a wide range of services, from **mental health support, physical therapy, and nutritional guidance** to personalized treatment plans that focus on the whole person. Whether you need chronic care management or preventive care, Dr. Gedrick's team is dedicated to addressing your unique health needs.

Flex Health eases the financial strain of healthcare with flexible payment plans and specials. Their membership programs and affordable options make top-tier care accessible while ongoing resources empower patients to maintain their health between appointments.

If you're overwhelmed by navigating the complexities of the U.S. medical system, the first step is simple: contact Flex My Health. We are here to help you regain control of your well-being, offering compassionate care and tailored solutions that prioritize your long-term health.

***"At the end of the day, when you do what's right for people, everything else falls into place,"*** Gedrick believes. This simple yet profound philosophy drives Flex Health—a beacon for those seeking care and a healthier life.

Are you ready to take the first step? It starts with simple, actionable changes: re-evaluate your diet, make time for daily self-care, get outside, and embrace movement. **Flex Health** is here to help you every step of the way. Reach out today for a virtual consultation and begin your journey to lasting wellness.

#### *References*

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