



# FLEX HEALTH

## PIONEERING THE FUTURE OF PERSONALIZED HEALTHCARE

Flex Health, led by Dr. Beau Gedrick and Dr. Brooke Gedrick, is more than just a healthcare provider—it's a pioneering, integrative solution that redefines patient-centered care.

Unlike traditional setups, Flex Health's innovative concierge model goes beyond symptom management, bridging the gap between quality treatment and compassionate, individualized care. With a holistic approach, Flex Health prioritizes each individual's unique health journey, offering tailored wellness programs that treat the whole person.

With accessible membership options, flexible payment plans, and continuous support resources, Flex Health makes top-tier, comprehensive care available to all who seek an empowering healthcare experience.

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

MEDIA KIT



## About The Doctors



Dr. Brooke Gedrick and Dr. Beau Gedrick, founders of Flex Health, are trailblazing physicians with a mission to restore true patient-centered care. Frustrated by the revenue-focused limitations of corporate healthcare, They founded Flex Health to deliver compassionate, holistic care. Their vision for healthcare values the whole person and prioritizes real, human connections over paperwork, setting a new standard for patient-first care.

## Services Included:

- **Primary Care Consultations:** Extended appointments designed to foster meaningful patient-doctor relationships.
- **Mental Health Support:** Integrated therapy options that address both physical and emotional health.
- **Physical Therapy and Rehabilitation:** Personalized physical care plans for effective recovery.
- **Nutritional Guidance:** Customized dietary plans that support long-term wellness.
- **Chronic Condition Management:** Ongoing, individualized strategies to enhance quality of life.
- **Preventive Health Plans:** Proactive health strategies focused on achieving longevity and wellness.



# Speaker thoughts & Leadership Topics

## How Flex Health is Shaping the Future of Healthcare

- *Highlighting Flex Health's holistic, patient-centered approach, this topic introduces their innovative vision that prioritizes comprehensive care and long-term patient satisfaction.*

## Reinventing the Doctor-Patient Relationship with Concierge Medicine

- *Exploring Flex Health's unique focus on personalized doctor-patient relationships, this topic emphasizes the value of time, trust, and continuity in achieving improved health outcomes.*

## Beyond the Basics: How Comprehensive, Holistic Care Transforms Patient Outcomes

- *Showcasing Flex Health's approach to treating the whole person, this topic covers how addressing root causes leads to sustainable wellness.*

## The Role of Preventive Care in Longevity

- *Focusing on proactive health strategies, this topic details Flex Health's commitment to helping patients prevent future health challenges and promote longevity.*

## Making Wellness Accessible: How Flex Health is Reshaping Healthcare Affordability

- *Highlighting Flex Health's flexible payment plans and membership options, this topic illustrates how they're making high-quality, personalized care affordable and accessible*

*"Dr. Gedrick was amazing at taking time to ask many questions to ascertain the issue I was having. I can see his passion to help and his mind working to solve the problem. Dr. Gedrick was very personable and amazing. I highly recommend Flex Health!"*

– Darin P. 2024

*"This was a very positive experience for me and I learned many new things that will help me going forward. Flex Health offers so much that I want to take advantage of in follow-up visits. I highly recommend the team at Flex Health."*

– Barbara M., 2024





# Statistics & Facts



1. **Appointment Length:** The average U.S. physician spends 16 minutes with each patient, while Flex Health's model offers extended visits, allowing for deeper patient connections.
2. **Patient Dissatisfaction:** According to the Commonwealth Fund, 40% of U.S. adults feel their providers don't spend adequate time with them, a gap Flex Health fills with thorough, individualized care.
3. **Concierge Model Benefits:** Research in the American Journal of Lifestyle Medicine reveals that concierge care leads to higher patient satisfaction and improved health outcomes.

## Media Features



**TED-Ed** – How Flex Health is Pioneering the Future of Personalized Healthcare



**Commonwealth Fund** – Insight into patient-provider time constraints and the importance of patient-centered care.





**American Journal of Lifestyle Medicine** – Studies highlighting how concierge medicine improves patient satisfaction and outcomes.

## Contact Us


For press, media inquiries, or speaking engagements:



 4490 Washington Road, Suite: 2,  
Evans, GA 30809

 (762) 930-3539

 [contact@flexmyhealth.com](mailto:contact@flexmyhealth.com)

 Monday to Friday, 9 am - 5 pm; Saturday and Sunday by appointment only (text to arrange)

