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## Perfect Health Expands to South Shore

### *Primary Care Practice Serves Seniors through House Calls*

(Duxbury, MA. February 28, 2019) Perfect Health, a full service primary care practice that sees seniors in their own homes, today announced their expansion with the opening of a second regional practice on the South Shore. Launched in 2018 in the Boston Metro North area, Perfect Health's model of comprehensive care delivered to seniors at home has been applauded by seniors, caregivers, family members and healthcare providers.

Located on the campus of The Village at Duxbury, at 286 Kingstown Road in Duxbury, Perfect Health will offer primary care patients regular office hours, laboratory facilities and after hours and urgent on-call support, as well as house calls. The practice will continue to work closely with Beth Israel Deaconess Hospital-Plymouth, their preferred hospital partner. Welch Senior Living, under the leadership of third and fourth-generation Welch family members, manages The Village at Duxbury.

*"We're delighted to be partnering with The Village at Duxbury to bring Perfect Health to seniors at the Village, and across the South Shore area,"* said Douglas Thompson, CEO of Perfect Health, Inc. and longtime innovator in healthcare delivery. *"By delivering high quality personalized primary care to seniors in their own homes, we're able to keep them healthier and more independent."*

### **The Perfect Health Difference**

- **House Calls** - Perfect Health promotes optimal health and personal well-being for seniors wherever they choose to live - at home, in senior housing, or in an assisted living facility. By seeing seniors at home, we see them as a person, not just a patient. We take the time to learn what's important to them, and then focus our care around their goals.
- **Care Team** - With Perfect Health, patients are cared for by a comprehensive care team. Anchored by a primary care provider, the patient team includes nurses, social workers, behavioral health providers, and specialists – all of whom are well versed in the needs of older adults. This team builds a comprehensive care plan with patients and their families, focused on maximizing quality of life and meeting the patient's goals.
- **Seamless Coordination** - We tightly align our efforts with the best local hospitals, pharmacies, specialists, labs and other outpatient facilities and coordinate seamless,

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integrated care. Caring medical assistants manage communications with patients, family, and caregivers, and coordinate appointments with a wide range of ancillary providers and other important resources for our patients' wellbeing. Perfect Health is a preferred provider of Beth Israel Deaconess Hospital in Plymouth.

- **Insurance** – Perfect Health covers participants with all major health insurance plans including Medicare, Tufts Medicare Preferred and Senior Care Options as well as plans offered by Aetna, Blue Cross/Blue Shield, Commonwealth Care Alliance, Harvard Pilgrim, UniCare and United Healthcare.

### **Leadership in Geriatric Medicine**

All Perfect Health Care Teams are overseen by Dr. Alan Abrams, a recognized national leader in the field of geriatrics and a pioneer in developing healthcare delivery models for older and frailer adults. Dr. Abrams is a faculty member at Harvard Medical School and Former Director of the Harvard Geriatric Fellowship Program and has led the development of house call programs at leading institutions across the New England area.

### **Join Perfect Health**

For seniors or caregivers and family members of seniors on the South Shore interested in joining Perfect Health, more information is available at [www.perfecthealthinc.com](http://www.perfecthealthinc.com) or by calling (781-582-1402).

For highly motivated medical professionals interested in joining our interdisciplinary Care Team, please call our main office at (617) 505-1033, or email a resume to [aabrams@perfecthealthinc.com](mailto:aabrams@perfecthealthinc.com)

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### **About Perfect Health**

Perfect Health, an independent privately held company based in Cambridge, MA, is a full service primary care practice that sees seniors in their own homes. Perfect Health promotes optimal health and personal well-being for seniors wherever they choose to live – at home, in senior housing, or in an assisted living facility. Perfect Health currently serves seniors in Boston Metro North and on the South Shore. In 2019, Perfect Health will be expanding to serve seniors in other Massachusetts communities. For more information, go to [www.perfecthealthinc.com](http://www.perfecthealthinc.com)

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