



# WELCOME TO BALANCED KIDS

Making your child's healthcare easy and convenient with in-home visits

## MEET YOUR PROVIDER



**Dr. Sarah Slater, DNP,  
APRN, CPNP-PC**



Hi, I'm Dr. Sarah Slater, DNP, mom of two and founder of Balanced Kids.

If you've ever left a pediatric appointment feeling rushed, unheard, or like your concerns did not fully matter, you are not alone. Many families today feel squeezed by a healthcare system that moves quickly, feels impersonal, and makes accessing care harder than it should be.

You deserve something better.

Balanced Kids was designed around your family, not around insurance requirements, productivity quotas, or institutional timelines. Here, your child is known. Your questions are welcomed. Your time is respected.

Instead of rearranging your entire day for a short, rushed visit, care comes to you. Instead of repeating your story to someone new each time, you build an ongoing relationship with the same trusted provider. Instead of wondering about costs, you have transparent, predictable pricing.

With over 15 years of experience in academic and community pediatrics, I provide evidence based care combined with a thoughtful, whole family approach. My mission is simple, to make your child's healthcare feel personal, accessible, and aligned with your family's values, the way it should be.

# THE PROBLEM WITH TRADITIONAL PEDIATRICS

Modern families are busy. Schedules are full, kids get sick at inconvenient times, and navigating the healthcare system often adds stress instead of relief.

In traditional insurance-based pediatric care, the system is largely volume-driven. Clinics must see a high number of patients each day in order to keep up with profit margins. As a result, appointments are often short, schedules fill quickly, and providers may have limited time to fully address questions or concerns.

Parents may find themselves waiting days for a sick visit, sitting in crowded waiting rooms, or heading to urgent care when their child becomes ill. Communication can also be difficult—families may navigate phone trees, portals, and delayed callbacks just to ask a simple question.

These challenges can make pediatric care feel rushed, fragmented, and inconvenient for families who simply want thoughtful guidance and timely support for their child.

## BALANCED KIDS OFFERS A DIFFERENT APPROACH

Balanced Kids operates on a Direct Primary Care (DPC) model, a healthcare approach centered on the relationship between families and their primary care provider—without insurance in the middle. Instead of copays and deductibles, families pay a simple monthly membership or transparent visit fee directly to their provider for primary care services.

By removing insurance barriers, Direct Primary Care allows care to be built around access, time, and relationships. There is no insurance billing, no copays or deductibles, and no pressure to rush through high volumes of patients. Providers are able to care for fewer families and spend more time with each child.

This model allows for same-day access when available, direct communication through visits, phone calls, or virtual care, and a stronger focus on prevention, education, and whole-child health. Appointments are designed around your family's needs. Parents have the space to ask questions, understand their child's health, and feel fully supported—rather than feeling hurried through a visit.

It's important to know that Direct Primary Care is not insurance and does not replace coverage for hospitalizations, emergency care, specialists, imaging, or surgeries. Many families choose to use DPC alongside traditional insurance or a health share as a powerful complement that fills the gaps insurance often leaves behind.

At Balanced Kids, this model allows pediatric care to be personal, accessible, and relationship-driven, meeting families where they are and supporting children the way they deserve.

# REAL STORIES: THE BALANCED KIDS DIFFERENCE

One morning at 9:30, the parent of a 4-year-old Balanced Kids member sent a quick text to Dr. Sarah.

Their child had woken up with a fever, nausea, and low energy, and they were worried something more than a simple cold might be going on.

Within minutes they received a response, and an in-home visit was scheduled. Just an hour later, Dr. Sarah arrived at the home.

Instead of loading a sick child into the car, sitting in a waiting room, and potentially exposing them to other illnesses, care happened right in the comfort of their living room.

During the visit, a full exam was completed and a rapid flu test confirmed influenza. Because the child was struggling with nausea and not wanting to drink fluids, a dose of Zofran was given during the visit to help settle the stomach and promote hydration. The family was also given clear guidance on what to expect over the next several days.

After the visit, the child was added to the Balanced Kids “Get Better Soon” list, meaning Dr. Sarah checked in daily by text to monitor recovery, answer questions, and support the family as symptoms evolved.

A few days later, the child began complaining of ear pain. Rather than scheduling another visit or heading to urgent care, the parent used the BeBird ear camera included in the Telehealth Care Kit. During a quick virtual check-in, Dr. Sarah was able to view the child’s eardrum remotely and identify signs of a secondary ear infection.

Treatment was started promptly, and the family avoided another clinic visit entirely. What could have easily turned into multiple urgent care trips, hours in waiting rooms, and several missed workdays instead became a simple process: a text message, an in-home visit, daily follow-up support, and a quick telehealth check when a new symptom appeared.

This is the type of relationship-based, convenient care Balanced Kids was designed to provide.

# REAL STORIES: THE BALANCED KIDS DIFFERENCE

## PART 2

A friend recently shared a story that highlights why the Balanced Kids model exists.

Her young son developed sudden vomiting and could not keep fluids down. Concerned about dehydration, she took him to the emergency room after coordinating childcare and work schedules. They waited over three hours. Blood work and multiple tests were performed.

In the end, what helped was one dose of Zofran, which stopped the vomiting so he could hydrate and recover.

A week later, the bill arrived. With a high-deductible plan, the family owed \$2,000 out of pocket.

Emergency care is lifesaving when truly needed. But many common pediatric illnesses can be safely managed at home with the right assessment and treatment.

With Balanced Kids, this situation, care could have happened the same day in the comfort of home. A thorough evaluation, access to anti-nausea medication, and close follow up could have prevented hours in a crowded waiting room and a large unexpected bill.

Instead of a \$2,000 ER charge, the cost would have been \$150 or included with membership.

Balanced Kids was created to give families timely access, transparent pricing, and personalized pediatric care without unnecessary stress.

That is the Balanced Kids difference.

# 3 PATHWAYS TO CARE

Every child and family has unique healthcare needs that evolve over time.

Infants and young children require frequent well-child visits beginning at birth and continuing through early childhood to monitor growth and development and to support immunization decisions.

During these early years, a child's immune system is still developing, which means younger children are more likely to get sick and often need more frequent medical support.

As children grow, their healthcare needs change. Some children remain generally healthy and need care only occasionally, while others benefit from ongoing support for concerns such as ADHD, eczema, anxiety, or mood challenges.

That is why Balanced Kids offers three distinct pathways to care. Our membership pathways are adjusted for age due to age-dependent healthcare needs. Families choose the level of access, continuity, and support that best aligns with their child's needs.

## A LA CARTE

Best for Children with low healthcare needs whose families prefer to book care only when needed.

## SICK KIDS MEMBERSHIP

Best for families who already have a pediatric provider but need reliable, fast access when their child is sick.

## BALANCED KIDS MEMBERSHIP

Best for families who want comprehensive, relationship based pediatric care and value easy access, transparency, and shared decision-making.

# SERVICES

## WELL CHILD CHECKS

From newborn cuddles to wild child wiggles, we have your family covered.

Well visits track your child's growth and development, monitor milestones, identify concerns early, and provide age specific guidance tailored to your child's unique needs.

## SICK VISITS

We care for common childhood illnesses at home, from fevers and ear infections to coughs, sore throats, rashes, stomach bugs, and more. On the spot testing allows us to diagnose quickly and start treatment right away.

## PHYSICALS

Sports and school physicals for kids and teens, in-home or at a designated location to fit your needs.

Prefer to make it a group event? We also provide on-site group physicals. Perfect for: Sports teams, Homeschool groups, and more!

## OTHER CONCERNS

We provide comprehensive care for a wide range of pediatric health needs, including:

Behavioral concerns (ADD/ADHD), Mood disorders (anxiety/depression), Skin issues (eczema, acne), Asthma, Puberty concerns, and more.

## ENDOCANNABINOID SYSTEM CONSULTATIONS

These consultations support children with complex conditions, especially when traditional medications have not been effective or well tolerated.

Our goal is to improve comfort, behavior, and overall quality of life while helping families confidently navigate complex care decisions.

## LOW DOSE NALTREXONE (LDN) THERAPY

Balanced Kids now offers low dose naltrexone as part of our integrative care options.

LDN is used in small doses to help regulate the immune and nervous systems and may support children with inflammatory, autoimmune, or neurologic concerns.

## GENETIC TESTING

Pharmacogenomic testing uses a simple cheek swab to analyze your child's DNA and guide safer, more effective medication choices and dosing.

## EAR PIERCINGS

Safe, gentle, medical grade ear piercings using the Blomdahl system for a calm, precise experience.

# ON THE SPOT TREATMENTS

## When your child is sick, timely treatments matter

During in-home visits, Balanced Kids is equipped to provide select treatments on the spot, allowing care to begin immediately and often preventing unnecessary urgent care or emergency room visits.

### **Respiratory Treatments (When Clinically Indicated)**

If your child is experiencing breathing symptoms, Dr. Sarah can assess and administer in-home nebulizer treatments as appropriate, including:

- Albuterol nebulizer treatments
- Racemic epinephrine for specific airway concerns
- Hypertonic saline nebulization to support mucus clearance

These treatments are delivered in a calm, familiar home environment—often making them easier and less stressful for children.

### **First-Dose & Supportive Medications**

When appropriate, Balanced Kids can also administer initial doses of certain medications during the visit, helping treatment begin right away.

### **Examples may include:**

- First doses of antibiotics, such as amoxicillin
- Other supportive medications as clinically indicated

This allows families to start care immediately while prescriptions are filled or delivered, avoiding delays in treatment.



# TELEHEALTH ENHANCEMENT KIT

## Care at the drop of a hat, wherever you are

Balanced Kids members have access to our Telehealth Enhancement Kit, allowing Dr. Sarah to provide high-quality virtual care even when an in-home visit isn't immediately available.

This kit allows real-time assessment and decision-making, often preventing unnecessary urgent care or ER visits.

### **What's included:**

- Rapid at-home testing for strep, RSV, COVID-19, and influenza
- Bebird otoscope for ear, throat, and nasal exams
- Easy-to-use tools designed for parents

### **Why it matters:**

- Faster diagnosis and treatment decisions
- Reliable care even during busy days or peak illness seasons
- Ensures families always have access to their provider



# PHARMACOGENOMIC (PGX) TESTING

## Personalized medicine for your child

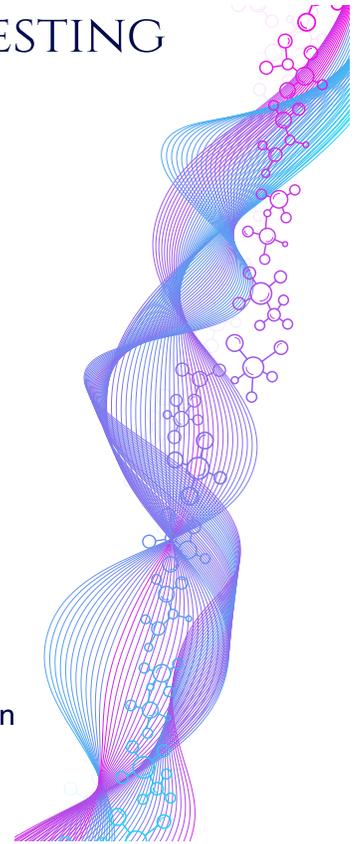
PGx testing looks at how your child's unique genetics influence how they metabolize and respond to medications. This information helps reduce trial-and-error prescribing and supports safer, more effective treatment choices over a lifetime.

### **Why PGx testing is helpful for families:**

- Identifies medications that may work best—or should be avoided
- Helps explain side effects or poor medication response
- Supports safer dosing and long-term decision-making
- Especially useful for behavioral health medications, pain management, and chronic conditions

### **How pricing works:**

- À La Carte: PGx consultation fee applies
- Balanced Kids Members & Sick Kid Membership: PGx consultation is included in membership
- Families submit separate payment directly to Mira Precision Labs the lab test itself once ordered



# MEDICAL-GRADE EAR PIERCING

## A safer, gentler piercing experience

Balanced Kids offers medical-grade ear piercing using the Blomberg system—an industry leader in sterile, physician-preferred piercing technology.

### **Why Blomberg is different:**

- Single-use, sterile cartridges for maximum safety
- Controlled, gentle pressure—less pain and trauma
- Medical-grade materials designed for sensitive skin
- Lower risk of infection and allergic reactions

Families can choose from a curated selection of high-quality, low-allergen jewelry, allowing both safety and style without compromise.

Piercing parties available, please inquire.



# LAB SERVICES

**Convenient, thoughtful testing, centered around your child**

## **In-Home Lab Testing:**

When appropriate, select routine labs are performed right in your home, eliminating the need for outside lab visits.

Comfort measures are always used to make the experience as gentle and stress-free as possible.

## **Additional Lab Testing Through Fullscript**

For labs that cannot be drawn in the home, Balanced Kids uses Fullscript, a secure and streamlined lab-ordering platform.

## **How it works:**

- Dr. Sarah places the lab order
- Families receive an email to choose a convenient lab location (LabCorp, Quest, etc.)
- You schedule the date, time, and location that works best for your family
- Results are sent directly to both your family and Dr. Sarah for review and follow-up

## **Lab pricing details:**

- \$10 phlebotomy fee, plus the cost of the lab
- Lab pricing is often significantly lower than hospital-based lab charges
- Balanced Kids Members:
  - Routine labs are covered by membership
  - Non-routine labs receive a membership lab credit
- Concierge/mobile lab draws may be available in some areas for \$85, depending on location

## FULL SCRIPT

**More than just labs**

Fullscript is not just for labs—it's an online platform for high-quality, practitioner-vetted supplements and wellness products.

- Dr. Sarah can recommend products directly through Fullscript
- Orders are shipped straight to your home
- Every client receives a discount when shopping through Balanced Kids
- Members receive a deeper discount than à la carte clients

This ensures families have access to products that meet high quality and safety standards—without guesswork.



# ON THE SPOT ILLNESS TESTING

## Answers in Seconds

When your child is sick, many tests can be done immediately during the visit using a simple swab or urine sample.

### **Rapid testing includes:**

- Influenza A & B, COVID-19, RSV
- Strep
- Urinary tract infection (UTI) screening

These point-of-care tests allow for immediate clinical decisions and faster treatment plans—without waiting days for answers.



# IMAGING SERVICES

## Streamlined imaging—without endless waiting

When imaging is needed to guide your child's care, Balanced Kids partners with RAYUS Radiology to provide timely, convenient diagnostic imaging.

### **How It Works**

- Dr. Sarah places the imaging order directly
- Families schedule an appointment at a RAYUS location that fits their schedule
- You arrive at your scheduled time
- Imaging is performed by experienced technologists
- Studies are interpreted by a board-certified radiologist
- Results are communicated back to Dr. Sarah for review and follow-up with your family



### **Why This Matters**

This approach allows imaging to be completed efficiently while keeping your child's care coordinated and personalized.

By ordering imaging through RAYUS, Balanced Kids helps provide:

- Faster access to imaging
- Predictable appointment times
- Reduced stress for children and families
- Expert radiology interpretation
- Direct provider oversight and clear communication

All imaging decisions are made thoughtfully and only when clinically indicated—so your child gets the right test at the right time, without unnecessary delays or ER visits.

# IMMUNIZATIONS

Thoughtful, informed care, guided by your family's values

Balanced Kids approaches immunizations with the same philosophy as all care: unrushed, personalized, and grounded in open communication. We believe families deserve clear information, time to ask questions, and support throughout their immunization journey.

## **How Immunizations Are Offered**

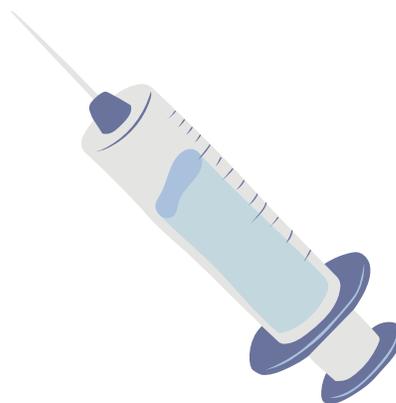
Vaccines provided by Balanced Kids are cash-pay, as they are ordered specifically for your child. Vaccine pricing varies widely depending on the manufacturer and cost of the individual vaccine. For families who prefer to have vaccines covered by insurance, you may also choose to schedule vaccine-only appointments through an in-network clinic or pharmacy using your health insurance, while continuing to receive care through Balanced Kids.

## **A Values-Centered Approach**

Every family's comfort level and priorities are different. At Balanced Kids:

- We review the risks and benefits of each vaccine
- We support families who choose:
  - The standard immunization schedule
  - Alternative schedules
  - Delayed schedules
- We have intentional conversations specific to alternative and delayed schedules
- There is no pressure and no rushed decision-making.

Our goal is not to dictate choices, but to provide guidance, education, and clinical insight so families can make decisions that align with their values while understanding the medical considerations.



# TRAVEL FEES

## **Why We Charge Travel Fees:**

Balanced Kids provides in-home care using a personal vehicle dedicated to serving families across the community.

## **Travel fees help offset:**

Fuel, vehicle maintenance, and wear-and-tear

- Time spent commuting that is reserved exclusively for your child
- The ability to provide reliable, prompt care outside of a traditional clinic setting

This allows us to maintain high-quality, personalized care—without rushed visits or crowded waiting rooms.

## **Fees:**

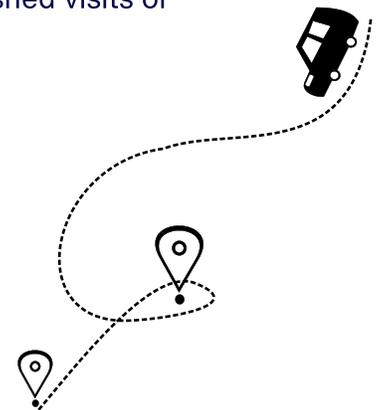
0-15 minutes = Waived

15-30 minutes = \$60

31-45 minutes = \$90

46-60 minutes = \$120

>60 minutes - please inquire directly



# CANCELATION POLICY

## **Cancellation Policy:**

Balanced Kids is a concierge practice with limited appointment availability, **cancellation fees apply when visits are canceled within 24 hours of the scheduled appointment.**

## **À La Carte Clients**

- Virtual visit: \$25
- In-home visit: 50% of the scheduled visit cost
  - Holiday/Weekend/Afterhours fee IS included at 50%
  - Travel fees are not included

## **Members**

- Virtual visits: No cancellation fee
- In-home visits canceled within 24 hours: \$50
- Add \$50 if appointment is during after-hours, weekend or holiday.



# OUR BALANCED COMMUNITY

Connecting Families to Local Healthcare Innovators

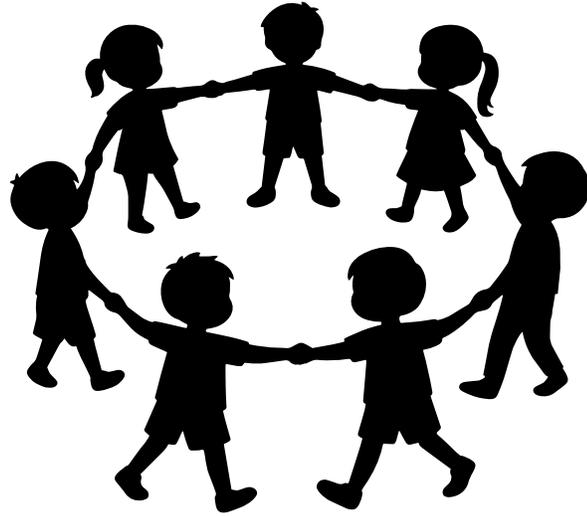
## **At Balanced Kids, great care doesn't happen in isolation.**

That's why we proudly highlight small, local businesses and practitioners who are transforming how healthcare and wellness are delivered to families in our community.

Balanced Kids Members receive unique benefits wherever you see a gold star—supporting children, parents, and the entire family.

### **Our community categories include:**

- Birth & Beyond
- Nurse Advocates
- Personal Trainers
- Chiropractors
- Music Therapy
- Occupational Therapists
- Physical Therapists
- Parenting Support
- Sleep Experts



### **Member-Only Community Benefits ★**

Balanced Kids Members receive exclusive perks with select community partners, identified by a gold star. These benefits may apply to children, parents, or the whole household, depending on the service, and may include:

- Preferred or discounted pricing
- Priority scheduling or access
- Member-only offerings or consultations
- Coordinated care aligned with your child's healthcare plan—and your family's needs

These partnerships are designed to extend care beyond the pediatric visit, supporting your family wherever you are on your health journey.

### **A Community That Grows With You**

As Balanced Kids grows, our community continues to grow too.

We are actively building new partnerships with trusted providers across the Twin Cities and beyond meaning your membership benefits will continue to expand over time. New partners and new perks will be added regularly.

At Balanced Kids, we don't just care for your child, we help build the support system around your family. Visit our community page to discover community partners and look for the gold star to see where your Balanced Kids membership unlocks added benefits for your child, you, and your family—now and as our community continues to grow.

# COMPARISON OF CARE OPTIONS

	A La Carte	Sick Kids Membership	Balanced Kids Membership
<b>Monthly Rate &amp; Packages</b>		<b>Monthly Membership</b> <ul style="list-style-type: none"> <li>• \$100 enrollment fee</li> <li>• \$79/child/month</li> <li>• Family max = \$300/month</li> <li>• 2 month commitment then month to month</li> </ul> <b>6 Month Package - 10% off</b> <b>12 Month Package - 20% off</b>	<b>Monthly Membership</b> <ul style="list-style-type: none"> <li>• \$100 enrollment fee</li> <li>• \$149/child/month</li> <li>• Family max = \$550/month</li> <li>• 2 month commitment then month to month</li> </ul> <b>6 Month Package -10% off</b> <b>12 Month Package - 20% off</b>
<b>Membership Continuity Policy</b>		If a membership is canceled and the family chooses to re-enroll within 90 days, the membership fees for the lapsed period must be paid in order to reactivate service.	
<b>Sick Visits</b>	\$150	Included	
<b>Well Child Checks</b>	\$250	\$150	Included
<b>Physicals</b> <small>Group Rates Available</small>	\$150	\$100	Included
<b>ECS Consultation</b> <b>LDN Consultation</b> <b>Follow ups</b> <b>Other Concerns</b>	\$150	\$100	Included
<b>Genetic Testing</b> Consultation	\$150	\$100 Includes result interpretation	Included
<b>1st Dose Meds</b>	\$10/dose	1st dose included	
<b>Labs</b> Blood draws Rapid testing	\$10 fee + lab cost  \$10/rapid test	\$20 credit for Labs requiring phlebotomy  Rapid Tests Included	All routine well child labs included (Recommended labs by the AAP). \$20 credit for non-routine labs Rapid Tests Included

# COMPARISON OF CARE OPTIONS

	A La Carte	Sick Kids Membership	Balanced Kids Membership
<b>Immunizations</b>	Pricing varies on vaccine		
<b>Imaging</b>	RAYUS processes payment Cash pay and insurance options available.		
<b>Medical grade ear piercing</b>	\$250 or \$150 Add on Service	\$150 or \$125 Add on Service	
	Piercing parties available. Please inquire.		
<b>EMR Portal</b>	Track your visits, view records and results through our Optimantra EMR		
<b>Balanced Kids Community network</b>	NA	Discounted rates with participating partners included	
<b>Telehealth enhancement kit</b>	NA	Included	
<b>24/7 Talk &amp; Text Access with Dr. Sarah</b>	NA	Included	

# SERVICE FEES

	A La Carte	Sick Kids Membership	Balanced Kids Membership
<b>Travel fees</b> (Based of time traveled from Prior Lake)	0-15 minutes = Waived 15-30 minutes = \$60 31-45 minutes = \$90 46-60 minutes = \$120 >60 minutes - please inquire directly	Travel Fees Waived for 1 in-home visit per family monthly.	
<b>After Hours Weekends Holidays</b>	\$150	Included	
<b>Cancelation Fees</b>	<b>Virtual</b> = \$25 <b>In-home</b> = 50% of service & fees ( - travel fee)	<b>Virtual</b> = Waived <b>In- Home</b> = \$50 (add \$50 for after-hours, weekend or holiday cancellation)	
<b>Membership Continuity Policy</b>		If a membership is canceled and the family chooses to re-enroll within 90 days, the membership fees for the lapsed period must be paid in order to reactivate service.	

# **BALANCED KIDS – FREQUENTLY ASKED QUESTIONS**

## **1. WHAT IS DIRECT PRIMARY CARE (DPC)?**

Direct Primary Care is a healthcare model where families pay a simple monthly membership instead of using insurance for routine care. This allows your child's provider to spend more time with your family, provide direct communication, and remove many of the barriers that exist in traditional healthcare systems.

## **2. DO I HAVE TO BE A MEMBER TO USE BALANCED KIDS?**

No. Balanced Kids offers membership care as well as à la carte services. However, members receive the greatest benefits including direct communication, priority scheduling, and reduced visit costs.

## **3. WHY WOULD I PAY FOR A MEMBERSHIP IF I ALREADY HAVE INSURANCE?**

Insurance is designed to cover major medical events, not personalized primary care.

A Balanced Kids membership provides benefits that traditional clinics often cannot offer, including:

- Direct communication with your child's provider via text and phone
- Same-day or next-day appointments when available
- In-home visits for many types of care
- Longer, unrushed appointments
- Personalized guidance from a provider who truly knows your child

Many families keep their insurance for emergencies while using Balanced Kids for day-to-day pediatric care and support.

## **4. IS THIS LIKE HAVING MY CHILD'S DOCTOR ON CALL?**

In many ways, yes. Balanced Kids members have direct access to their provider through text messaging and phone calls when concerns arise. This allows families to ask questions, receive guidance, and determine if a visit is needed. Instead of waiting days for an appointment or sitting in urgent care, you can reach your child's provider directly and get answers quickly.

# **BALANCED KIDS – FREQUENTLY ASKED QUESTIONS**

## **5. WHAT IS THE DIFFERENCE BETWEEN THE SICK KIDS MEMBERSHIP AND THE BALANCED KIDS MEMBERSHIP?**

Sick Kids Membership: Designed for families who primarily want support for acute illness and urgent concerns.

Balanced Kids Membership: Comprehensive pediatric care that includes both sick visits and well-child care, along with ongoing health guidance and developmental monitoring.

Both options provide families with direct access to their provider, but the Balanced Kids Membership includes full primary care support.

## **6. WHAT TYPES OF CARE CAN BE DONE IN THE HOME?**

Many common pediatric needs can be safely managed in the home, including:

- Sick visits
- Well-child checkups
- Developmental screenings
- Strep, flu, and other rapid tests
- Medication management
- Parent education and guidance

Providing care in the home allows families to avoid clinic waiting rooms, reduce germ exposure, and save time.

## **7. CAN YOU ORDER LABS?**

Yes. Balanced Kids can order many of the same laboratory tests as a traditional clinic. Lab testing may include in-home rapid tests or lab orders through national laboratories.

Whenever possible, labs are offered using transparent cash pricing and wholesale lab rates, helping families avoid unexpected insurance bills.

## **8. CAN YOU PRESCRIBE MEDICATIONS?**

Yes. Balanced Kids can diagnose conditions and prescribe medications when appropriate, just like a traditional pediatric clinic. Prescriptions are sent electronically to your preferred pharmacy.

# **BALANCED KIDS – FREQUENTLY ASKED QUESTIONS**

## **9. HOW ARE IMMUNIZATIONS HANDLED?**

Vaccines provided directly through Balanced Kids are cash pay, as they are ordered specifically for your child. Pricing varies depending on the cost of each vaccine. Families may choose to use their health insurance for vaccine-only appointments at clinics or pharmacies, while continuing to receive care through Balanced Kids. Immunizations are scheduled during well visits or dedicated vaccine appointments, not during sick visits.

## **10. WHAT IS THE TELEHEALTH CARE KIT AND WHY DO FAMILIES NEED IT?**

The Telehealth Care Kit includes items such as a thermometer, pulse oximeter, ear camera, and rapid tests for strep, flu, and covid. With these tools available, many concerns can be evaluated quickly and safely without needing an in-person visit.

## **11. WHY ARE THERE TRAVEL FEES?**

Balanced Kids provides in-home pediatric care, which means your provider travels to your home. The standard service area is within 15 minutes of downtown Prior Lake. For families located farther away, a travel fee may apply to help cover travel time and expenses.

## **12. WHAT HAPPENS IF MY CHILD GETS SICK AT NIGHT OR ON THE WEEKEND?**

Members can reach out any time by text or phone for guidance, even outside typical clinic hours. Having direct access to your provider often helps families avoid unnecessary urgent care visits.

When your child is sick, they will be placed on the Get Better Soon List. This means Dr. Sarah will continue to reach out throughout the duration of your child's illness to provide continued support and ensure your child's healing.

\*\*\*It is important to know that Balanced Kids does not provide emergency care. Should an emergency occur, call 911 or go to the nearest emergency department.

## **13. IS THIS CONCIERGE MEDICINE?**

No. Concierge medicine typically involves physicians who continue billing insurance while also charging high annual fees for enhanced access.

# JOIN THE BALANCED KIDS COMMUNITY



**Andy Kelly**

Local Guide • 26 reviews • 1 photo

★★★★★ 8 weeks ago

We had the absolute best experience with Dr. Sarah during our concierge home visit yesterday. She is so pleasant, kind, and incredibly sweet with the kids. It's obvious she has an impressive amount of knowledge and experience.

Our 3.5 y/o instantly felt comfortable around her, and both of my kids adored her by the end of the visit. We'll absolutely be calling Dr. Sarah again whenever anything comes up. Highly recommend her to any family looking for exceptional concierge pediatric care.



**Victoria Bizzotto**

7 reviews • 0 photos

★★★★★ 3 weeks ago **NEW**

Dr. Sarah at Balanced Kids is exactly the kind of provider every parent hopes to find.

When my daughter developed an infected toe, Dr. Sarah was able to see us quickly via a virtual appointment — which alone was a huge relief. She didn't rush, asked thoughtful questions, and took the time to thoroughly assess the situation even through a screen.

What stood out most was her calm, kind, and genuinely caring approach. She explained what was happening, walked me through next steps, and made sure I felt confident in how to care for my daughter after the visit.

We left the appointment with a clear plan and peace of mind — something every parent values. If you're looking for a pediatric provider who is knowledgeable, accessible, and truly attentive, I can't recommend Dr. Sarah and Balanced Kids enough.



**Ann Gigstead**

8 reviews • 3 photos

★★★★★ 13 weeks ago

So grateful for Dr Sarah! I feel like strep throat and hand foot and mouth are everywhere so I was so happy to not have to bring in my sick kiddo to a clinic (possibly exposing them to more germs). Dr Sarah came over same day and was able to rule out strep quickly with an at home test. The exam was thorough and she made my kiddo feel at ease. Highly recommend and we will definitely use Balanced kids in the future!



**Kendra Lonetti**

1 review • 0 photos

★★★★★ 5 weeks ago

We had such a wonderful experience with Dr. Sarah. She was kind, attentive, thoughtful, and most importantly thorough. It was such a breath of fresh air to not have to bring my sick kiddo in to his clinic/urgent care. She was able to do everything they would have done there from the comfort of our house. Plus, being able to message about anything that pops up after the visit (related to the illness) is such a bonus. Will def be using Balanced Kids in the future and am so grateful it's around!

Real relationships. Real care. Right at home.