

Palm Beach Concierge Pain Management Patient Plan Options Overview

Cara Cares Annual Membership – Premium care all year round, including house calls, office visits, telehealth, and interventional pain management procedures. Membership offers the best value for patients with ongoing treatment needs, complex conditions, and/or busy schedules.

Non-Membership, Pay Per Visit – Ad-hoc care for patients needing only occasional or one-time treatments.

	Annual Members	Pay Per Visit
World-class pain management by double Board Certified Dr. Cara	✓	✓
Relaxed, thorough appointments up to 2 hours in length	✓	✓
Access to Dr. Cara by phone, text, email, and Elation Patient Portal	7 days a week	As available
Prompt appointment scheduling	Priority: Same day or next day (M-F)	As available
Custom plan development in coordination with your other physicians	Comprehensive	Limited
House calls or office visits	Included	Pay per visit
Video/telehealth appointments	Included	Pay per visit
Ultrasound-guided interventional pain procedures	Included	Pay per procedure
Fluoroscopic interventional pain procedures	Included*	Pay per procedure
Specialized injectables such as PRP, stem cells, or BOTOX	Included*	Pay per procedure
Family passes and discounts	Included	×
	BEST VALUE for patients with ongoing treatment needs, complex conditions, and/or busy schedules	BEST VALUE for patients needing only occasional or one-time treatments

* Annual Membership includes Dr. Cara’s services; additional material and/or facility fees are disclosed up front and billed separately.

Dr. Cara is not a primary care physician. Neither Cara Cares nor Dr. Cara participates in health insurance or HMO plans, and Dr. Cara has opted out of Medicare. Membership is not an insurance plan or a substitute for health insurance. Full Membership terms and details are available in the Cara Cares Specialty Concierge Program Membership Agreement.