



## Two Spirit Individual Healthcare Packages

### Who We Are & Why We're **Different**

Two Spirit Health Services, Inc., is a non-profit, 501(c)3 corporation providing mental health, behavioral, substance abuse, primary care, transgender health, and related services to individuals in Central Florida and across the country. Founded in 2011 by Robert and Dr. David Baker-Hargrove, Two Spirit is the only comprehensive healthcare facility specializing in the needs of the Lesbian, Gay, Bisexual, Transgender, and Ally (LGBTQA) Community regardless of insurance status in the region. These services are rendered by a diverse and multilingual staff in a culturally competent setting, which promotes optimum health and wellness.



Photo credit: Beaux Patrick

#### Meet our Team!

Left to right top row: Elizabeth Singh, Victoria Santos, Ann Currier, Bobby Hermida, Sherrie Howell, Quanique Valera, Lindsay Kincaide, Danny Adams, Sarah Hoskens-Helman, Meegan Andler  
Left to right seated:  
Robert Baker-Hargrove,  
Dr. David Baker-Hargrove  
Not Present: Brandi Concolino

#### Meet Dr. Laura Ellis, MD!

Dr. Ellis has been certified in family medicine since 1981 and is an expert in transgender-specific health. She can provide a whole continuum of care to her patients, including primary care, psychiatric, gynecological, infectious disease, chronic illness management and more!



**Two Spirit: 407-487-9868 • Fax: 888-972-6451**  
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## **Truly Affordable Healthcare**

Healthcare is an ongoing challenge for many people and in today's economy, is often unaffordable. Under the Affordable Health Care Act, more people have access to healthcare than ever before; however, there are still a significant number of individuals not able to afford consistent care with a reliable, qualified healthcare professional. Two Spirit's individual healthcare packages help to fill that need.

## **Mental Health**

The Pulse tragedy has placed mental health care at the forefront of many people's minds. Not only is mental health tied to physical health, but research clearly indicates it is connected to job performance and employee absenteeism. Affordable mental health bundles are available with discounts of up to 25% off regular hourly rates. Two Spirit offers (5) mental health counseling visits for \$375.

## **Terms of the Packages**

Each package provides (1) individual (5) doctor's visits per year for a flat rate of \$65.00 per month. The package provides consistency of records and medical care. Included in the package are the labs associated with a wellness visit (Comprehensive Metabolic Panel - CMP) and a flu shot on an annual basis. The package is exclusive to general practice coverage and does not replace coverage mandated by the Federal government. The package also does not cover labs beyond the CMP or pharmaceuticals/prescriptions; however, Two Spirit has programs in place to assist clients with obtaining medications and labs at dramatically reduced prices. Two Spirit has also made special arrangements to offer pap smear/HPV testing for \$25 per person; a significant discount. This program is not endorsed by the Affordable Healthcare Act and not part of The Marketplace. Please speak with Lindsay Kincaide about your tax options.

## **Contact Us**

Lindsay Kincaide, Director of Development, is available to answer your questions. Contact her at [lindsay@twospirithealth.org](mailto:lindsay@twospirithealth.org) or 407-885-5859 today!

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