

MEMBERSHIP-BASED | DIRECT ACCESS | SAME-DAY APPOINTMENTS | PERSONALIZED CARE

A SMALL PRACTICE. TWO TRACKS OF CARE.

Comprehensive primary care, and a serious approach to longevity.

Private MD is a deliberately small, single-physician practice — direct, unhurried primary care for everyday health, with an optional longevity track for advanced cardiometabolic, cancer, and genomic screening. One physician who knows you, with the time to do it well.

Could this be you? South or East Asian heritage · a woman past menopause · high blood pressure, prediabetes, or metabolic syndrome · a family history of diabetes or early heart disease · a current or former smoker · or carrying extra weight. Your real cardiovascular and metabolic risk can run higher — and start *earlier* — than a routine check-up shows. We screen deeper to find it early, while there's the most you can do about it.



Nishant Sahni, MD, MS

BOARD-CERTIFIED INTERNAL MEDICINE

An internist who practiced and taught at **Mayo Clinic** and the **University of Minnesota**, and who still practices hospital medicine — so he stays sharp on complex and acute illness. Your care is led personally by him, start to finish.

How the practice works

Membership replaces insurance friction with a direct relationship. You reach your physician by call and text, visits are unhurried, and access is same-day when you need it. Labs, imaging, and common medications are passed through at wholesale — significant savings, never marked up. Care stays comprehensive — chronic disease, prevention, acute illness, mental health, and coordination of your specialists — chosen independently for you, never limited to a single hospital network — all held together by one physician.

Direct access

Reach your physician directly by call and text — not a call center or triage line. Same-day, unhurried visits.

Proactive depth

Advanced cardiac, metabolic, cancer, and genomic screening — interpreted with you.

One physician

A small panel, so your care is continuous, personal, and genuinely coordinated.

Our Programs

Two tracks — choose the depth of care that fits where you are in life.

Foundation EVERYDAY PRIMARY CARE

\$249 / mo

Complete primary care for adults — the relationship most people want from a physician, without the rush of insurance-based medicine.

Primary & preventive care

If you've grown tired of rushed visits and a new face each time — chronic conditions, prevention, everyday illness, and mental health, managed continuously by your own physician.

Weight & cardiometabolic

When the scale won't budge, blood sugar is creeping up, or diabetes runs in the family — prediabetes, metabolic syndrome, and weight, with GLP-1 medications when clinically indicated.

Chronic disease management

For patients managing several medications and multiple specialists — coordinated by one internist who also practices hospital medicine.

Same-day & direct access

No more weeks-long waits or urgent-care trips for what your own doctor could handle — reach Dr. Sahni by call and text, same-day when you need it.

Hormone health

For women in perimenopause or menopause, and men with fatigue or low drive — testosterone or menopausal hormone therapy, managed when clinically appropriate.

Labs & medications at wholesale

If you take a daily generic — a statin, metformin, a blood-pressure pill — skip the retail markup. Bloodwork, imaging, and common medications pass through at cost, often just a few dollars a month.

Signature CONCIERGE + ADVANCED SCREENING

\$349 / mo

Everything in Foundation, plus the most advanced screening available to us — to find cardiometabolic and cancer risk earlier than conventional care, and act on it, guided by your individual biology.

Advanced cardiac prevention

If heart disease runs in your family, or your numbers are creeping up — AI coronary CT (Clearly), calcium scoring, and ApoB/Lp(a) find risk years before symptoms.

Genomic & inherited risk

When inherited disease runs in the family — genetic sequencing clarifies your risk and focuses exactly what we screen for, and how we prescribe.

Chronic disease management

For the most physician time — priority coordination for multiple conditions and several specialists, on the smallest panel.

Cancer early detection

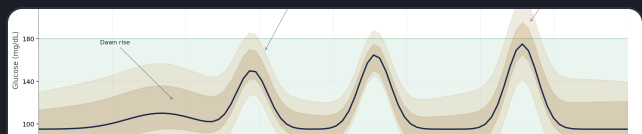
For those with cancer in the family, or who simply want to catch it sooner — multi-cancer blood testing and whole-body MRI, used alongside (not instead of) guideline screening.

Metabolic & longevity

For those who are prediabetic, fighting stubborn weight, or focused on healthspan — continuous glucose monitoring and insulin-sensitivity testing, reviewed through the year.



Clearly — soft, non-calcified plaque a calcium score misses



CGM — metabolic phenotyping

Several advanced tests (multi-cancer detection, whole-body MRI, genomic risk) are emerging tools that supplement — not replace — guideline screening. We always tell you which is which.

