



Expert Guidance for Serious or Complex Health Issues

How PHM Can Help You

At Private Health Management (PHM), we support you and your family through serious or complex health challenges. Whether you're unsure about a diagnosis, overwhelmed by treatment options, or need help navigating your healthcare journey, we're with you every step of the way.

Benefit from the latest science-backed insights, receive independent guidance, and access top specialists, diagnostics, and treatments - **empowering you to make confident, informed decisions about your health.**

Supporting You and Your Doctors

PHM works alongside your doctors, providing additional support without disrupting your current care. We help you understand your diagnosis, explore treatment options, and coordinate care. From finding specialists to organizing medical records and obtaining second opinions, our guidance is tailored to your needs.

If you are:

- Feeling lost about your diagnosis;
- Uncertain about what steps to take;
- Struggling to find the best care, or
- Overwhelmed by treatment options;

Contact PHM today for personalized support and expert answers to all your health-related questions.

Ensuring you and your family
the best available care, during
the worst possible time.

Health issues we support include:

- Autoimmune Diseases
- Brain Injuries
- Cancer
- Cardiovascular Disease
- Gastrointestinal Disorders
- Gynecological Issues and Infertility
- Musculoskeletal Disorders
- Neurological Conditions
- Pre- and Post-Operative Support
- Others (*Please Inquire*)

We're Here When You Need Us

▲ **Telephone:** 1-310-248-4050 **or**
1-833-240-4160 (*Toll-Free*)*

▲ **Email:** onlok@privatehealth.com

▲ **Hours:** 8:30 a.m. to 8:30 p.m. EST
(5:30 a.m. to 5:30 p.m. PST)

Learn More:

Visit OnLok.MyPHMCare.com
or scan the QR code below to explore
how we can help you.



*If you are calling from outside of the U.S., please remember to use the country's international prefix code before dialing PHM's toll-free number.



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Frequently Asked Questions

- 1. Is there a cost for PHM services, or are they included in our insurance?**

This benefit is a supplement to your current health plan available at no additional cost.
- 2. When should I engage PHM?**

If you're unsure about a diagnosis, overwhelmed by treatment options, need help navigating your care, or have questions about this service, contact PHM, we're here to support you.
- 3. Who is covered under this health benefit?**

This benefit covers you and your eligible dependents, including your spouse, registered domestic partner, and children under 26.
- 4. How does PHM work with my existing healthcare providers?**

You'll receive access to special clinical and research resources. We'll work alongside your current doctor or find you new specialists if needed.
- 5. Do you assist with organizing medical records?**

Yes, we can help you compile and manage your medical records, making it easier to share your health history with your providers.
- 6. Can you assist in finding specialists or getting second opinions?**

Absolutely. We can help you locate specialists and arrange second opinions to ensure you feel confident in your treatment decisions.
- 7. What if I'm confused about my diagnosis or overwhelmed by treatment options?**

PHM can help clarify your diagnosis or treatment options, provide additional information, and discuss the pros and cons of each option.
- 8. What if I completed my treatment plan and unsure what to do. How will PHM help me?**

We'll work closely with your doctors to monitor your progress and help you manage any ongoing care or side effects.
- 9. Can PHM help with managing side effects or lifestyle changes?**

Our team provides guidance on managing side effects and suggests lifestyle changes that can support your overall health during treatment.

How We've Helped Others

Triple-Negative Breast Cancer

A 33-year-old mother was distraught by an advanced triple-negative breast cancer diagnosis. PHM's Personal Care Team quickly arranged for molecular profiling, consulted with local experts, and developed a personalized treatment strategy. After initial success, PHM helped her enroll in a clinical trial, offering hope for extended disease control.

“Thank you again. I really appreciate your balance between realistic expectations and optimism. In case you don't have enough patients tell you, all of you do a wonderful job.”

Expert Consultation for Sciatic Pain

An employee reached out to PHM when their sciatic pain became unbearable, and they were unsatisfied with their consultation with an orthopedic specialist. PHM's Personal Care Team arranged a second opinion with a top specialist and ensured they received the best possible pain management care.

“Thank you so much for all your help these last few days. It has been immensely helpful and everyone on your team has been great!”

Private Health Management (PHM) is a healthcare firm specializing in serious and complex medical conditions. We provide **High Acuity Patient Guidance** to individuals, families, and employers, offering independent, science-backed insights to empower informed decisions and help clients access the best possible care and outcomes. [PrivateHealth.com](https://www.PrivateHealth.com).