



Arlington
Public
Schools

&



CloseKnit™

Virtual & In-Person Care

Meet
Ladawana Crawford
DNP, FNP-BC,
your onsite provider.

Location:

Syphax Education Center
2110 Washington Blvd #443
Arlington, VA 22204

Times:

Monday / Tuesday / Wednesday: 11am-5pm
Thursday / Friday: 8am-2pm



Walk-ins Welcome!



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CloseKnit™

APS employees* can book:

Primary Care Services

- Preventive wellness exams
- Chronic disease management
- Behavioral health conditions
- Specialty care coordination and more!

Other Support Services

- Vaccinations
- Acute care for colds, flu, allergies, and minor injuries
- General guidance, referral assistance, and more!

Making an appointment is easy

1 Scan QR code to register

2 Email to book an appointment
APSclinician@CloseKnitHealth.com



SCAN TO GET STARTED

CloseKnit is a registered Trademark owned by, and is the trade name of, Atlas Health, LLC. Atlas Health, LLC d/b/a CloseKnit does not provide Blue Cross Blue Shield products or services and is providing in-person and telehealth services to CareFirst members. Atlas Health, LLC is a corporate affiliate within the CareFirst, Inc. corporate umbrella of companies. *Must be enrolled in an APS health insurance plan to be eligible.



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CloseKnit™

Your Healthcare Anywhere Team

Welcome to virtual-first
personalized care.

From urgent needs to long-term
wellness, your team of licensed
providers are here for you.

Get started in two easy steps.

- 1 Register for CloseKnit
- 2 Book an appointment



SCAN TO GET STARTED

Download on the
App Store

GET IT ON
Google Play



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CloseKnit™

The care you need when you need it.

Primary Care (ages 18+)

- Preventive care to help you achieve your long-term health goals
- Chronic care and disease management
- A dedicated Health Guide to help you navigate the healthcare system
- Answers to your billing and benefits questions

Urgent Care (ages 2+)

- 24/7 access to licensed providers
- Open on weekends and holidays
- Treatment for common illnesses and minor injuries
- Average wait times under 30 minutes

Behavioral Health (ages 2+)

- Behavioral health counseling with licensed therapists
- Psychiatry services including medication management
- Guided and personalized programs tailored to you
- Private 1-on-1 support over phone or video

Nutrition Services (ages 5+)

- Insurance-covered services with a Registered Dietitian
- Personalized, evidence-based nutrition plans
- Continuous nutrition guidance available
- One-time Q&A sessions available

New Parent Support

- Connect with expert lactation consultants
- Help with issues such as feeding, pumping, latching, and more
- Breastfeeding tips and resources for new moms & dads



Am I eligible?

There are only two requirements for registration:

1. Adults 18+ can sign up (dependents ages 2-17 can be added to your account)
2. Must have a CareFirst BlueCross BlueShield health plan, including CareFirst Medicare Advantage and CareFirst Community Health Plan Maryland (some exclusions apply)



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CloseKnit and APS Wellness Center Service and Cost Guide



With the APS Wellness Center and CloseKnit, you have convenient access to advanced primary care, including preventive care, disease management, and health consultation. The center is staffed with a Family Nurse Practitioner who is dedicated to getting to know you and supporting the healthcare needs of you and your family. The APS Wellness Center offers almost all services at no cost to you.

Additionally, CareFirst BlueCross BlueShield (CareFirst) and CloseKnit provide virtual services for APS CareFirst members (employees and family) for urgent care, therapy, psychiatry, and nutrition.

*Costs shown, including the \$0 copay, are specific to APS CareFirst BlueCross BlueShield medical insurance members. For all APS employees, regardless of insurance coverage, health consultations and general guidance are free. See below for examples.

\$0 copay
for in-person or virtual
Wellness Center visits*

Wellness Center Service	Description	Cost
Health Consultation and Guidance	Help understanding your medical benefits	FREE
	Dedicated support from a full Care Team, including a Health Guide to help you receive the care you need	FREE
	Education on topics including preventive care and disease prevention	FREE
	Help understanding new healthcare recommendations such as vaccines	FREE
	Guidance on general health-related information and commonly asked questions such as: • Why can't young children take cold medications? • Can the flu shot cause the flu? • Should everyone take a multivitamin? • When should I seek care for a persistent issue?	FREE
	Guidance for helping family members with general-health related questions	FREE

Service	Description	Cost
Preventive Care	Annual wellness visit* • One visit per year • Comprehensive review of personal, social, and family health history • Physical examination • Discussion and referral for recommended screenings • Immunization recommendations • Personalized plan for better overall health, including lifestyle changes	FREE
	Standard recommended preventive immunizations* • Flu vaccine • Tetanus vaccine	FREE
Sick and Urgent Care	Examples of visits include: • Cold, flu, and COVID-19 • Sinus infection • Headache and migraines • Urinary Tract Infection (UTI) • Skin concerns such as rashes • Minor injuries such as a sprained ankle • Back pain • Fatigue	\$0 copay
Disease Management	Convenient care, education and support for a variety of conditions including, high-blood pressure, diabetes, depression and anxiety, asthma and more.	FREE
	Chat with Nurse Practitioner on progress such as keeping blood pressure controlled	FREE
	Chat with Nurse Practitioner on medication side effects	FREE
	Chat with Nurse Practitioner to share and review lab results	FREE
	Disease specific educational seminars	FREE
	Coordination of specialty care	FREE
	Visits to review and discuss treatment plan, adjust medication, prescribe new medication or order lab tests	\$0 copay
Workplace Injuries	• Falls • Cuts • Sprains and strains	CloseKnit will work with the APS team to provide information for employees to submit



For questions about your medical benefits coverage, call or email Chatia Holmes or call CareFirst Member Services.

*Annual wellness visit and standard preventive immunizations are covered at 100% with the APS CareFirst BlueCross BlueShield medical insurance. Patients who wish to discuss other medical problems or concerns will be directed to schedule a separate visit.

**If you have medical health insurance through a CareFirst plan outside of the APS plan, your rates are subject to that plan's coverage.