



SUPPORTING RHODE ISLAND
HOSPITALITY SMALL BUSINESS
OWNERS + EMPLOYEES
WITH BETTER HEALTHCARE ACCESS

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WHAT IS A DPC MEMBERSHIP? AND HOW CAN IT HELP MY TEAM?



Direct Primary Care (DPC) is a modern healthcare model that gives patients direct access to a primary care provider through a simple, affordable membership instead of traditional insurance billing. Members receive personalized care, same-day or next-day appointments, and direct communication with their provider by phone, text, telehealth or email. By removing insurance barriers and long wait times, DPC makes healthcare more accessible, convenient, and proactive for both individuals and employers.

Many small businesses can't afford to provide full health insurance benefits, and many employees rely on individual state health plans with high deductibles and limited access to care. Direct Primary Care works alongside those plans by giving employees fast, direct access to a primary care provider for a simple low cost. It's an affordable way for employers to offer a meaningful benefit that shows employees they are valued and supported.





CONCIERGE-STYLE ACCESS TO PRIMARY CARE AT A COST DESIGNED FOR SMALL BUSINESS

CONCIERGE VS DIRECT PRIMARY CARE

Traditional concierge medicine is usually designed for high-income patients and often charges large annual retainers of several thousand dollars per year – while still billing insurance on top of that. Concierge care is often viewed as a premium or luxury service.

Direct Primary Care, on the other hand, is built around affordability and accessibility. DPC practices typically charge a lower monthly or annual membership fee, do not bill insurance for primary care services, and focus on simplifying access to care for everyday patients and small businesses.

Many DPC practices avoid the word “concierge” because:

- It can sound expensive or exclusive
- It creates confusion with insurance-based concierge models
- DPC is meant to be a more affordable, practical healthcare solution

That said, some DPCs still describe their service as “concierge-level access” because patients receive:

- Unlimited direct access with your provider due to smaller patient populations
- Longer appointments (30-60 minutes vs traditional 7-10 minutes)
- Faster scheduling (Same Day or Next Day Appointments)
- More personalized care (We get to know you long term)

YOUR PRIMARY CARE PROVIDER

**FIRST TRACK PRIMARY CARE-  SOUTH COUNTY COMMONS
GRAND OPENING JUNE 2026- NOW ENROLLING**

Kyle Wardle, APRN, is a dedicated Nurse Practitioner with experience and training in primary care, hospitalization, orthopedic medicine, weight management, and wellness, having cared for patients throughout RI + CT in both hospital and specialty practice settings. Drawing from his work in healthcare and his connection to the local community, Kyle's goal is to help people stay healthy, active, and supported through personalized, relationship-based care.

We're not a corporate call center—we're a local family that is part of the community. Kyle Wardle, Nurse Practitioner, builds real relationships with your team, offering personalized care that feels like family.

Our aim is to bring old school medicine back with a focus on taking care of the small businesses we support. Bringing compassion and personalization back to primary care is long overdue.

MEET KYLE

Hi, I'm Kyle Wardle



I'm a South County native. Biker, hiker, snowboarder, bowler, and beach goer. I'm trading the traditional 'white coat' for a direct down-to-earth approach to your health care. I look forward to getting to know you and being your partner in health.

Follow me:
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OUR SERVICES



Comprehensive Primary Care

The foundation of the practice, focused on long-term health and continuity.

- Annual Wellness Exams: Comprehensive "head-to-toe" physicals and health risk assessments.
- Chronic Disease Management: Evidence-based management for:
 - Obesity
 - Hypertension (High Blood Pressure)
 - Heart Disease
 - Type 2 Diabetes & Prediabetes
 - Hyperlipidemia (High Cholesterol)
 - Asthma & COPD
 - Thyroid Disorders
 - Arthritis
 - Among others
- Acute Care (Sick Visits): Same-day, next-day or virtual appointments for respiratory infections, UTIs, rashes, and minor injuries.
- Medication Management: Regular review of prescriptions and supplements to ensure safety and efficacy.

Preventive Services & Screenings

Staying ahead of potential health issues before they arise.

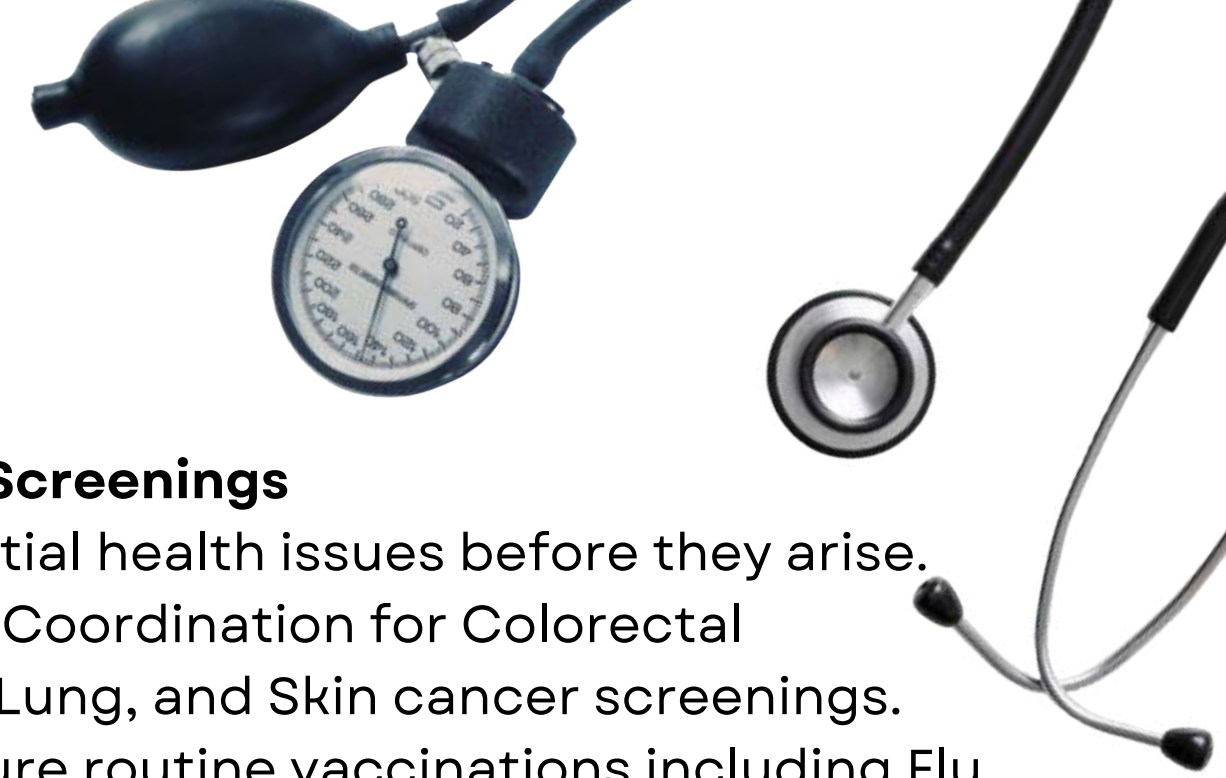
- Cancer Screenings: Coordination for Colorectal (FIT/Colonoscopy), Lung, and Skin cancer screenings.
- Immunizations: Ensure routine vaccinations including Flu, Tdap, Shingles, and Pneumonia are up to date.
- Lab Review: In-depth review of lab panels including cholesterol, metabolic, kidney, and liver function.
- Weight Management: Medically supervised weight loss plans and nutritional counseling.

Mental Health & Lifestyle

Treating the whole person, not just the symptoms.

- Behavioral Health: Screening and management for Anxiety, Depression, and Stress.
- Sleep Medicine: Initial screening for Sleep Apnea and Insomnia management.
- Smoking & Alcohol Cessation: Personalized plans to help quit smoking and/or drinking.
- Sports Medicine: Evaluation of joint pain and guidance on safe exercise routines.

*some patient care plans may require being referred out for additional tests, labs or specialist services



OUR VALUES

KEEPING IT LOCAL. KEEPING IT SMALL. CARING FOR YOU.

Kyle Wardle and Nichole Wardle created First Track Primary Care with a deep understanding of the pressures faced by hospitality workers and small business teams. After years working in healthcare and hospitality, they have seen how stress, burnout, anxiety, depression, and addiction struggles are often normalized or quietly pushed aside in fast-paced industries.

Their goal is to create a trusted, relationship-based healthcare experience where your employees feel comfortable putting their health first – before challenges become crises that affect their health, families, or ability to work. By providing direct access to compassionate primary care, First Track focuses on proactive support, mental wellness, and helping people feel cared for both inside and outside of work.

We are intentionally keeping the practice small to provide the level of unrushed care we know patients deserve.



WHY THIS WORKS FOR HOSPITALITY

Hospitality operates in a high-pressure environment where people are expected to show up no matter what—physically exhausted, mentally stressed, or not fully well. Because traditional healthcare is hard to access (and often expensive or inconvenient), many employees delay care until something becomes serious. That delay turns into missed shifts, last-minute call-outs, and higher turnover.

With a relationship-based primary care model, employees can get help early—before small issues become work-stopping problems. Whether it's stress, anxiety, sleep issues, substance use concerns, or physical illness, having direct access to a provider lowers the barrier to speaking up and getting support.

For restaurant owners, the value is simple and operational:

- Fewer unexpected call-outs
- Faster return-to-work decisions
- Better employee retention
- Reduced burnout
- A healthier team

There's also a cultural impact that matters in hospitality. When employees feel like their employer actually cares about their well-being—not just their shifts—they are more likely to stay engaged and loyal. In an industry where hiring is expensive and training takes time, retention is often as valuable as recruitment.

This model reduces those disruptions by making care immediate, personal, and accessible enough that people actually use it.



WHO THIS BENEFIT MAKES SENSE FOR

Most small businesses don't start by offering this to everyone right away. Owners typically roll it out where it has the biggest impact first:

Leadership & decision-makers

Owners, partners, and general managers who need to stay healthy and available to run the business without delays or long waits for care.

Key full-time managers

Kitchen managers, FOH managers, and shift leaders—the people who carry the weight of daily operations and whose absence immediately disrupts service.

Long-tenured employees (5+ years)

Your most experienced staff. The people you don't want to lose. This becomes a retention tool for the employees who know your systems, your customers, and your standards.

High-impact roles with frequent exposure

Front-line staff in constant contact with the public—servers, bartenders, and kitchen staff who are more likely to pick up illness and need fast turnaround care to stay on schedule.

Eventually: the full team

Many businesses start small, see how it's used, and then expand access once they see reduced call-outs, better retention, and stronger morale.



INVESTMENT

ANNUAL MEMBERSHIP PLANS

- **Individual Adult (19-64):** \$120/month (\$1,440 annually)– Comprehensive care for your busy life.
- **Senior (65+):** \$120/month (\$1,440 annually)– Focused longevity and chronic care management.
- One-Time Enrollment: \$150 – Initial health deep-dive and records integration.
- Re-joining fee as prior/returning patient: \$300

What Your Membership Includes

- Unlimited Office Visits: No co-pays, no "extra" fees for a quick check-in.
- Direct Access: Text, email, telehealth or call Kyle directly when you have a question.
- Unbiased Time: 30- to 60-minute appointments so we can actually get to the root of your health.

“Only about one-quarter of hospitality workers say they have access to mental health support through work.” --The Cater Magazine

Visit our [frequently asked questions](#) page to learn more.



less than one of these a day

*It would be our honor to serve you the way you
serve others.*

CLICK TO SCHEDULE
A COMPLIMENTARY
CONSULTATION
WITH KYLE



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