

## At Home Harmony Insights

February 2026

### Care Model Spotlight

#### Understanding Our Model

##### Helping You Stay Healthier with At Home Harmony and ACO REACH

We want to share exciting news about how we are working to give you and your loved ones even better care. At Home Harmony is part of a new Medicare program called ACO REACH. This program helps healthcare teams work together to keep you healthier and reduce unnecessary costs.

Instead of being paid only for visits, this program rewards providers for helping patients stay well and avoid hospital visits when possible.

##### What This Means for You

Being part of ACO REACH gives you extra support and benefits.

###### Better Care Coordination

Sometimes doctors don't have all the same information, which can lead to repeated tests or missed care. With ACO REACH:

- Your care team share information more easily
- Your providers work together as a team
- We help close gaps in care and prevent avoidable hospital stays

###### Lower Out-of-Pocket Costs

If you qualify for this program, you may have lower or no copays for certain services provided by At Home Harmony. You will have no copays for care management services, including:

- Remote patient monitoring
- Chronic care management
- Advanced primary care management

###### You Must Qualify

At Home Harmony participates in the High Needs ACO REACH program. Patients must qualify based on their health conditions and medical history.

If you are interested, talk with your At Home Harmony provider to see if you qualify.

###### More Access to the Care You Need

This program allows our Doctors, Nurse Practitioners (NPs) and Physician Assistants (PAs) to better support you.

- *No 3-Day Hospital Stay Required:* In some cases, you may receive skilled nursing care without staying three days in the hospital first.
- *Concurrent Care:* You may receive treatment for an illness while also getting Medicare-covered hospice care.
- *Support for Caregivers:* Through the GUIDE program, family caretakers can receive education, support, and respite services so they can take a break when needed.

###### You Always Have a Choice

- An ACO is not insurance.
- You keep all your Original Medicare benefits
- You can see any doctor who accepts Medicare
- There is no cost to join the ACO program

At Home Harmony is committed to putting you first. Our goal is to help you manage your health, stay independent, and live well for as long as possible.



### Harmony Highlight

#### Pharmacy Consultation

The integration of At Home Harmony's medical practice and in-house pharmacy plays a vital role in helping our patients safely age in their own homes.

Recently, our care team supported a patient who had just returned home from the hospital but did not receive the pain medication they were expected to have upon discharge. Due to a breakdown in hospital paperwork, the patient was at risk of going several days without the medication needed to remain comfortable while healing.

During a routine Transitions of Care call, our pharmacy consultant quickly identified a gap in the patient's medication regimen and immediately took action.

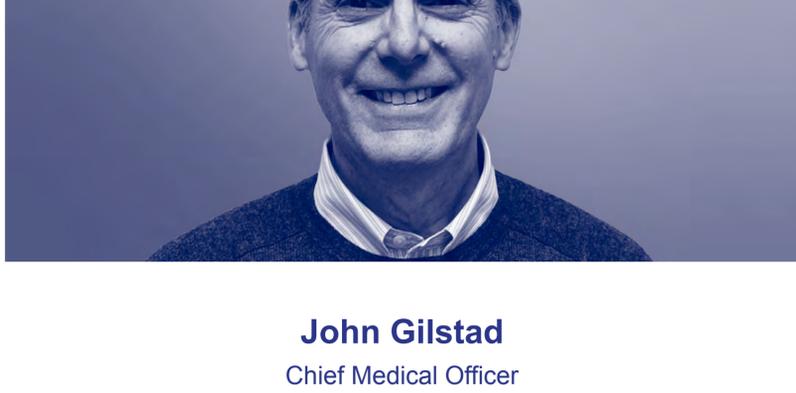
Through close coordination between the pharmacist, nurse practitioner, and dedicated nurse care concierge, the issue was resolved, the prescription was updated, and the patient's pain medication was delivered the very same day—eliminating confusion and preventing an unnecessary delay until the patient's next scheduled appointment.

This is where At Home Harmony's in-house pharmacy makes a meaningful difference. By integrating pharmacy services directly into our care model, our team is able to identify medication issues early, reduce the risk of errors, and ensure prescriptions are safe, appropriate, and actually make it into the home when they are needed most. Families gain peace of mind knowing there is a dedicated team actively monitoring their loved one's medications—especially during high-risk moments such as hospital discharges.

It is common for hospitals to discharge patients with only a temporary supply of medications, and it is critical that discharge orders align with an accurate, up-to-date medication list. Without close collaboration between the medical practice and pharmacy, patients can return home with medications based on outdated regimens, increasing the risk of confusion or harm.

This is the kind of coordinated, behind-the-scenes support At Home Harmony is proud to provide—simple, timely interventions that make a real difference in our patients' comfort, safety, and ability to remain happy, healthy, and home.

### Harmony Clinician Spotlight



**John Gilstad**  
Chief Medical Officer

We are thrilled to announce that John Gilstad, MD, has joined At Home Harmony as Chief Medical Officer. He is a board-certified internist and geriatrician with a deep commitment to caring for older adults, particularly those with complex medical needs and dementia. His clinical expertise centers on home-based primary care, where he focuses on personalized, compassionate approaches to enhance quality of life and manage conditions like cognitive impairment through programs such as GUIDE.

Trained in the U.S. Navy, Dr. Gilstad brings extensive experience in outpatient consultative geriatrics and inpatient internal medicine from facilities across Maryland, Virginia, and beyond. He earned his medical degree from the Uniformed Services University of the Health Sciences, completed his internal medicine residency at the National Naval Medical Center, and pursued a fellowship in geriatric medicine at Johns Hopkins University Bayview Medical Center. Dr. Gilstad is passionate about innovative, patient-centered strategies that support seniors in living comfortably and independently at home.

### Office Notes

- We are happy to share that At Home Harmony has expanded into Lynchburg, Virginia.
- At Home Harmony is now providing home-based medical care to qualifying seniors in Asheville, North Carolina. Read the press release [here](#).
- We have a new office to serve our Petersburg patient population! Our office is located at 8 Old West Street in downtown Petersburg.
- Follow us on [LinkedIn](#) for updates and health-related topics!

Contact us to schedule a referral or to refer to a potential patient.

(833) 533-7177

Contact Us