At Perspective Health & Wellness, we offer patients an enhanced level of personalization and availability, allowing us to take a proactive approach to care. Offered by Carolinas HealthCare System, our membership-based practice allows you and your physician the time you need to focus on a comprehensive plan for your overall well-being.
OUR SERVICES

As your partner at Perspective Health & Wellness, your personal physician will be available to offer responsive care at any time. They will work with you to develop a customized preventative health plan that will help you achieve and maintain a healthy lifestyle.

For an annual fee, member benefits include:

• A personal physician available to you by phone or email 24/7
• Comprehensive physical exam customized for you based on your individual needs
• Personal health plan and wellness goals
• Additional educational services
• Same or next-day appointments to address all of your health and wellness needs
• Flexible, unhurried visits with your personal physician
• Seamless communication and coordination of your health with other providers and partners
• Virtual medicine

Upon request, we offer additional health and wellness services including:

• Weight loss and lifestyle management
• Stress reduction
• Integrative medicine
• Educational health information
• Nutrition and dietary education
• Health information seminars
OUR PROVIDERS

Lorri Ayers, MD
Medical School: The Ohio State University
Residency: The Ohio State University
Board Certified: Internal Medicine

John Benedum, MD
Medical School: West Virginia University
Residency: Charlotte Memorial Hospital
Board Certified: Internal Medicine

Sasha Thomas, MD
Medical School: Emory University
Residency: University of California at Los Angeles Medical Center
Board Certified: Internal Medicine

Allison Herbert, MD
Medical School: University of North Carolina at Chapel Hill
Residency: Carolinas Medical Center
Board Certified: Internal Medicine
OUR FACILITY

Our office is conveniently located in Carolinas HealthCare System SouthPark. Designed with your comfort in mind, our patient rooms are spacious and private, outfitted with the latest technology for optimal health and communication.