

GOES LIVE MONDAY, OCT 12

Provider Shift Sign-Up

How scheduling works for our providers, starting October 12

Virtual Town Hall · Thursday, October 8, 2026



Where our patients come from, every weekday

Our busiest states and where each ranked on each weekday · January 1 to October 2, 2026

State	Mon	Tue	Wed	Thu	Fri
NV	1	1	1	1	1
LA	4	3	2	4	2
FL	3	4	3	3	3
TX	2	2	6	2	5
NY	6	5	4	5	4
CA	4	5	5	6	6
GA	7	7	10	8	11
MA	9	8	8	7	7
IN	8	16	7	10	8
VA	10	12	9	8	14
PA	16	9	12	13	9
NC	12	15	12	12	14
OH	13	11	10	15	17
SC	17	10	12	17	11
MO	11	13	15	17	23
MD	15	20	15	15	10
MI	13	13	19	20	16

 Top 6 that day  Ranked 7-16  Ranked 17 or lower

Every day

The same 6 states are the top 6

Nevada, Louisiana, Florida, Texas, New York and California, every weekday. About half of each day's visits.

8 in 10

visits come from just 16 states

The top 6 plus 10 more states make up 80 to 85% of every weekday. Those 10 are our Tier 2 states.

Predictable

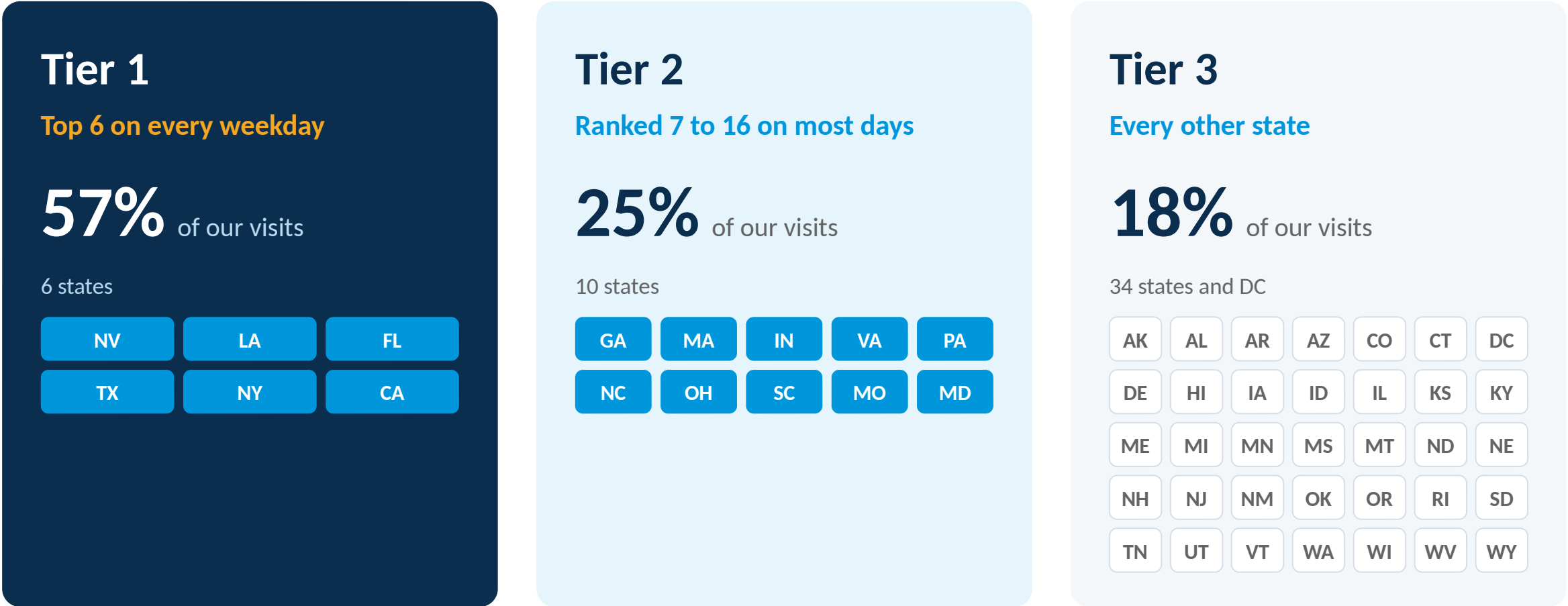
Demand doesn't change much day to day

So we can staff for it with set shifts, instead of hoping monthly availability matches.

State names: **Tier 1** · **Tier 2** · Tier 3

The rankings split the country into three tiers

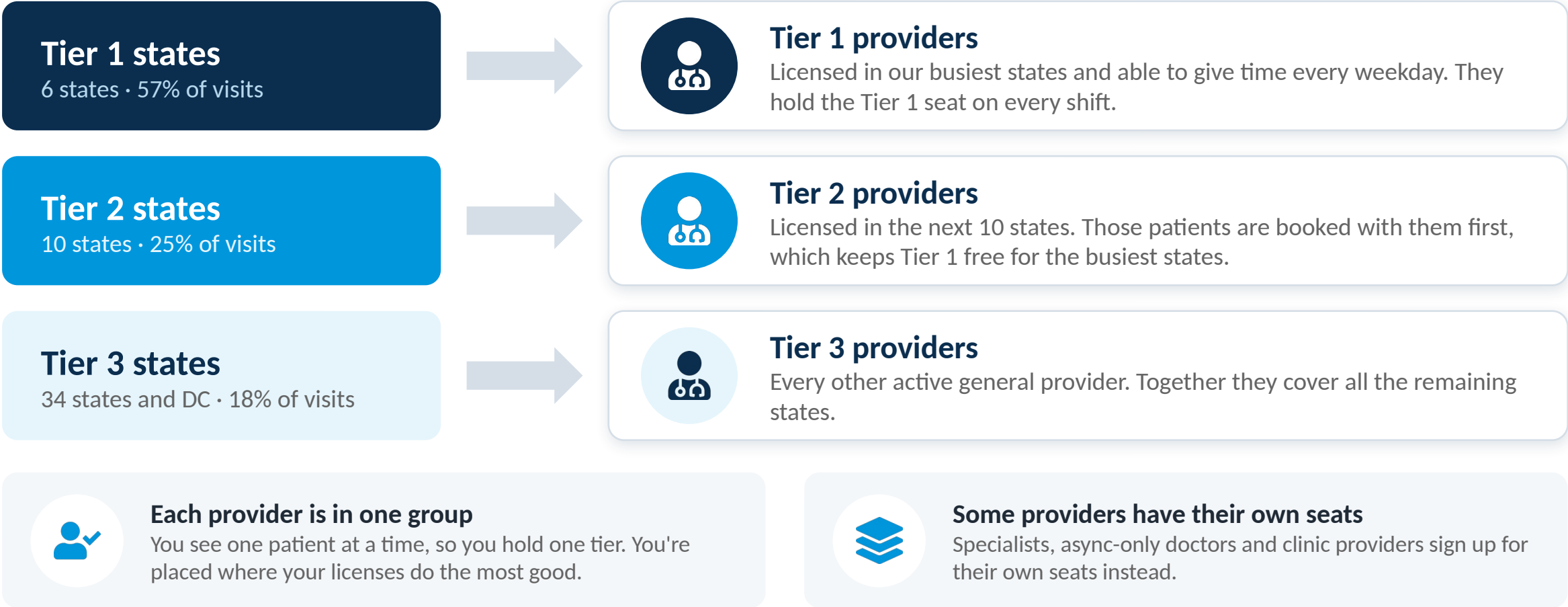
Each tier is defined by how its states rank, day after day



Tier 2 only takes states that rank 7–16 day after day. Michigan, New Jersey and Colorado sometimes break into the top 16, but not consistently, so they stay in Tier 3.

Three tiers of states means three groups of providers

Our general providers are grouped the same way, by the states they're licensed in



Two more groups of providers

Not every provider fits a general tier, so these groups get seats of their own



Specialists

Why they're different

They see one kind of visit, so they don't belong in a general tier.

How they're scheduled

Patients who need that specialty are booked in the specialty seat on each shift.

Endocrinology

1 seat per shift

Obesity Medicine

2 seats per shift

If you do weight-loss visits, you can hold an Obesity Medicine seat on top of your regular seat.



Providers licensed in only one state

Why they're different

A tier seat covers many states. With one license, most patients in that tier would have no one to see.

How they're scheduled

A routed provider seat (RP) puts them first in line for every patient from their state on that shift.

RP (NY)

New York, every shift

RP (MS)

Mississippi, Thursdays

This keeps the tier seats for providers who can cover many states.

On-site providers: in person and telehealth

Our clinic providers see their state's patients both ways

One provider, two ways to see patients



In person

At the clinic, for patients who come in.



Telehealth

Virtual visits for any patient in their state, whenever the clinic schedule has room.



Las Vegas clinic

Nevada is our #1 state on every weekday

OS (NV)

2 seats per shift



Iowa Quick Care

Louisiana is in our top 4 on every weekday

OS (LA)

1 seat per shift

Why it helps everyone: Nevada and Louisiana patients go to our clinic providers first, which frees the Tier 1 seat for Florida, Texas, New York and California.

Why we are changing how we schedule

The old way was hard on you and hard on our patients



We chase you every month

A JotForm for availability, then repeated emails and WhatsApp reminders.



Hours don't match demand

The hours we get often aren't in the states or days patients need.



Block time feels risky

Paid per consult, an empty block means no pay, so few of us want to give long blocks.



Volume is uneven

Some providers are swamped while others with open time see very few patients.

What you get instead

- Set shifts you choose yourself
- \$200 minimum per shift in Tier 1, 2 and 3 seats
- A medical assistant starts intake 30 minutes before you
- Sign up any time, up to 26 weeks ahead
- No more monthly availability forms

The new system in three ideas

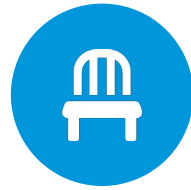
Everything else is detail



1 Shifts

Monday to Friday, two shifts a day.

Morning 9:00 am – 12:00 pm
Afternoon 1:00 pm – 5:00 pm
Eastern Time



2 Seats

Every shift has named seats.

You sign up for a seat on a shift by picking your own name from that seat's list.



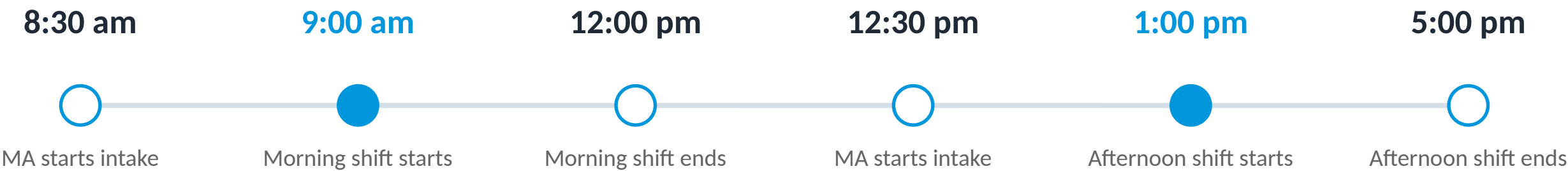
3 A \$200 floor

For Tier 1, 2 and 3 seats only.

Your per-consult pay or \$200 for the shift, whichever is higher.

What a shift looks like

All times are Eastern. A medical assistant starts intake 30 minutes before you.



Outside the Eastern time zone?

The morning shift starts at 9:00 am Eastern = 8:00 am Central = 7:00 am Mountain = 6:00 am Pacific. The afternoon shift starts at 1:00 pm Eastern = 10:00 am Pacific.

Every shift, at a glance

Each group of providers has its own seat on every shift

Tier seats

Tier 1
Tier 1 providers

Tier 2
Tier 2 providers

Tier 3
Tier 3 providers

Filled every shift • \$200 minimum

Specialty and async

Endocrinology
Endocrinologists

Obesity Medicine ×2
Weight-loss providers

Async
Async-only doctors

Optional • per consult only

On site (OS)

OS (NV) ×2
Las Vegas clinic

OS (LA)
Iowa Quick Care

In person and telehealth

Routed (RP)

RP (NY)
Every shift

RP (MS)
Thursdays

First in line for one state

Which seat is yours? Your name appears only in the seats you can hold, and the sign-up page lists them at the top (“your seats: Tier 2”). If it looks wrong, tell the scheduling team.

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The \$200 minimum, Tier 1, 2 and 3 only

Per-consult pay stays the same. The minimum is a floor under a slow shift.

\$200

guaranteed per shift when you hold a
Tier 1, Tier 2 or Tier 3 seat

**You are paid your per-consult earnings
or \$200, whichever is higher.**

A typical shift

8 consults × \$40 = \$320

You are paid \$320

A slow shift

3 consults × \$40 = \$120

You are paid \$200

Example at \$40 per consult. Your own per-consult rate applies.



Every other seat is per consult only, with no minimum: Endocrinology, Obesity Medicine, Async, on-site (OS) and routed (RP).

How to sign up, in five steps

It takes about two minutes the first time

1

Go to the Hub
In your browser, open hr.myvirtualphysician.com

2

Sign in with your NPI
Choose “Provider Login (NPI)” and enter your NPI number.

3

Open Provider Shift Sign-Up
It opens on the week of October 12.

4

Set “Repeat my sign-up for”
Just that date, or 2, 4, 8 or 13 weeks. Set this first.

5

Pick your name in your seat
Click “Choose your name...” on the shift you want.

The top of the page, as you'll see it:

<

>

Week of Oct 12 – Oct 16, 2026

This week

Repeat my sign-up for

4 weeks

13 of 30 required seats filled

10 shifts missing a Tier 1, 2 or 3 provider

26 seats without an MA

Refresh

Signing up as Nida Chhotani · your seats: Tier 1, Obesity Medicine · times shown in Eastern Time. Sign-up opens Oct 12 — earlier days are closed.

“Repeat my sign-up for 4 weeks” books the same shift and seat for the next four weeks in one click.

What the week looks like

A real view of Monday to Wednesday, October 12–14, as a Tier 1 provider sees it

Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14
Morning · 9:00 am–12:00 pm2/3 MA intake from 8:30 am · \$200 min (Tier 1–3) VIRTUAL TIER 1Chhotani MA not assigned Drop TIER 2Chu MA not assigned TIER 3 Choose your name... ON SITE NV 1/2 · LA 1/1 ▶ ROUTED NY 1/1 ▶ OPTIONAL · Endocrinology, Obesity Medicine and Async · per consult only, no minimum ▼ ENDOCRINOLOGY Choose your name OBESITY MEDICINE Choose your name OBESITY MEDICINE Choose your name ASYNC Choose your name...	Morning · 9:00 am–12:00 pm2/3 MA intake from 8:30 am · \$200 min (Tier 1–3) VIRTUAL TIER 1Chhotani MA not assigned Drop TIER 2Chu MA not assigned TIER 3 Choose your name... ON SITE NV 1/2 · LA 1/1 ▶ ROUTED NY 1/1 ▶ OPTIONAL · Endocrinology, Obesity Medicine and Async · per consult only, no minimum ▼ ENDOCRINOLOGY Choose your name OBESITY MEDICINE Choose your name OBESITY MEDICINE Choose your name ASYNC Choose your name...	Morning · 9:00 am–12:00 pm1/3 MA intake from 8:30 am · \$200 min (Tier 1–3) VIRTUAL TIER 1 Choose your name... TIER 2Chu MA not assigned TIER 3 Choose your name... ON SITE NV 0/2 · LA 1/1 ▶ ROUTED NY 1/1 ▶ OPTIONAL · Endocrinology, Obesity Medicine and Async · per consult only, no minimum ▼ ENDOCRINOLOGY Busick MA not assigned OBESITY MEDICINE Choose your name OBESITY MEDICINE Choose your name ASYNC Choose your name...

The afternoon shifts sit below a bold line under the morning shifts.

Your name + Drop

Your booked shifts. Drop releases the seat if your plans change.

Choose your name...

An open seat. Your name is the only one you can pick.

On site / Routed

Collapsed rows for clinic and routed seats. Click to open.

Optional

Endocrinology, Obesity Medicine and Async. Per consult only.

Rules of the road

A few habits that keep every shift covered



Sign up early and far ahead

You can book up to 26 weeks out. Repeat for 4, 8 or 13 weeks covers a regular schedule in one step.



Plans change? Drop the seat yourself

Use Drop on your shift as soon as you know, so someone else can take it. The earlier, the better.



Time off: tell the scheduling team

They mark you unavailable, and your name is grayed out on those dates.



Working from outside the US?

If this applies to you, the scheduling team enters your US dates. You can sign up only on those dates.



Tier seats come first

Tier 1, 2 and 3 must be filled every shift. The page shows which shifts still need someone.



Seat looks wrong?

If you don't see your name where you expect it, tell the scheduling team. Seats follow your licenses.

How our schedulers route special visits

These go to specific providers, whatever the shift



Window tint

Dr. Muehrcke and Dr. Gerber. Georgia patients: Dr. Howard.



Surrogacy

Only Dr. Howard, Dr. Mandigo and Dr. Frarey.



Veteran disability

The initial visit is always booked with a doctor (MD or DO), never an NP.



Weight loss

Booked in the Obesity Medicine seats.



Endocrinology

Booked in the Endocrinology seat.

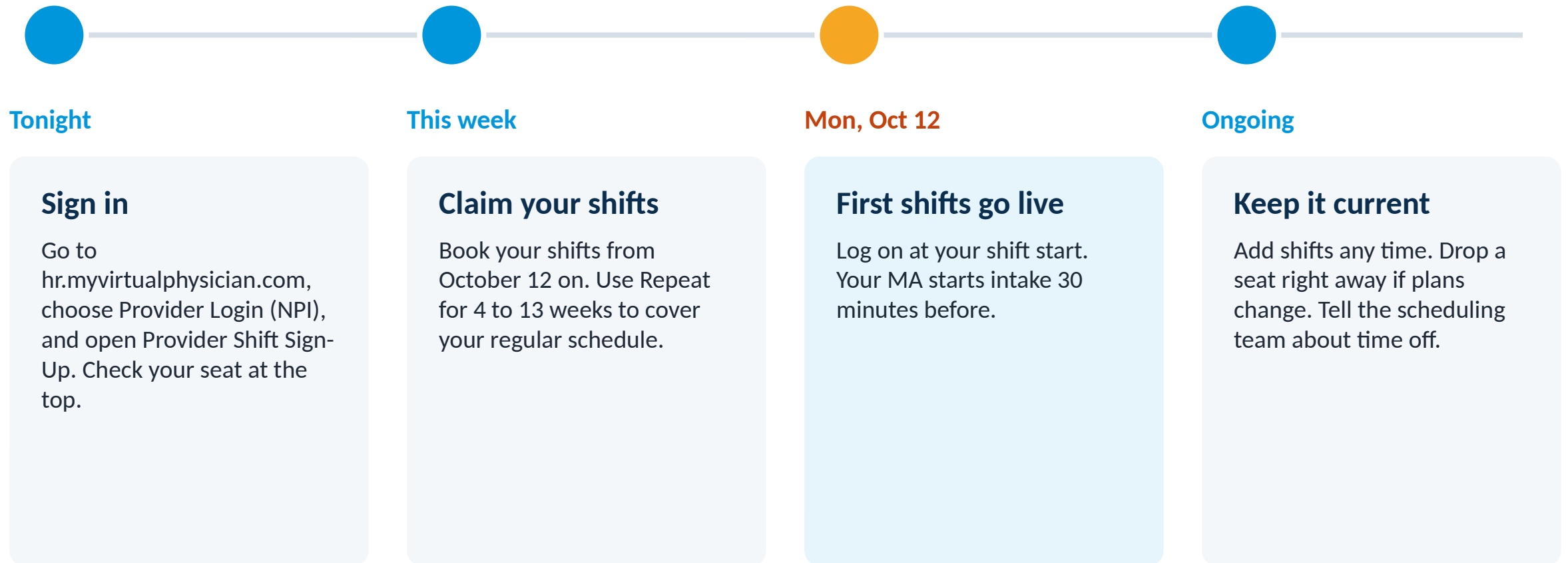


Nevada and Louisiana

Seen by our Las Vegas clinic and Iowa Quick Care providers first, in person or virtually.

What we need from you

Starting tonight



Questions?

Sign up at hr.myvirtualphysician.com · Provider Login (NPI)

Help with your login or seat: info@myvirtualphysician.com

