**“THE PATIENT CENTERED MEDICAL HOME”**

**Our office is participating in a new program being rolled out by many insurance companies. It encourages patients to partner with their physician to set health care goals that we can help you achieve. The idea of the program is for patients to play an active roll in their health care plan, which, ultimately, will improve your over all health and save heath care dollars.**

**Please take a few minutes to think about your desired optimum health. Whether it be achieving and maintaining a healthy weight, improved cholesterol levels, increasing physical activity, quitting tobacco use, stress reduction, or improved management of diseases such as diabetes or high blood pressure, we can help. Talk to your physician today.**

**Together, we can help get you there!**