

Providence Family & Athletic Medicine
Farmington Hills, Milford
Providence Athletic Medicine
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Dear Patient:

Welcome to our practice – we are honored that you have chosen our practice, a designated *Patient Centered Medical Home*, for your health care needs. We are committed to providing you with the most up-to-date and evidence-based medicine. Our hope is that you form a partnership with your doctor to keep you as healthy as possible, no matter what your current state of health. We will share our medical expertise with you, and we hope you'll take responsibility for implementing the healthy lifestyle that is so important to your well being. Few of us live perfectly, but each day we can take a step toward a healthier life.

Here are some important steps you can take towards better health:

- Avoid tobacco use
- Avoid illicit drugs
- Drink alcohol in moderation, if at all, and never drive when you've been drinking
- Eat a diet which includes fresh vegetables and fruits. Avoid saturated fats, trans fats, and partially hydrogenated oils
- Exercise for thirty minutes daily
- Wear your seat belt whenever you're in a car
- Learn about ways to deal with stress and tension
- Maintain ties with your family and friends
- Drink 8 glasses of water a day
- Get 7 – 8 hours of sleep per night

We aim to partner with you in achieving these goals, either through our own expertise, by providing you with educational materials or by referral to other health professionals. *We hope to provide patients the tools to make their own informed medical decisions.* We have included information in this packet regarding the *Patient Centered Medical Home* which describes each of our responsibilities in this partnership.

We encourage every patient to be involved in our health maintenance program. Each new patient that joins our practice should schedule a complete physical exam followed by periodic check-ups, as needed, based on age and risk factors.

It is our hope that we can have a relationship that allows us to provide you with the tools to live the satisfying life you deserve. *We look forward to being your partner in health care.*

Sincerely,

Providence Family & Athletic Medicine
Physicians and Staff