



Integrated & Preventive Medicine
Family Practice
Nutritional Medicine
Women's Health
Osteopathy
Acupuncture



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Tuesday
Physical Therapy Center
7840 Old Redwood Hwy
Cotati, CA 94931

Wednesday or Thursday
Preventive Medical Center of Marin
(PMCM)
4340 Redwood Hwy., Suite A-22
San Rafael, CA 94903

Thank-you for your interest in scheduling with Dr. Richard Shames. I will be providing you any assistance you may need for appointments at either of the two locations he provides, **Preventive Medical Center of Marin** (PMCM in San Rafael, CA), and **Physical Therapy Center** (PTC in Cotati, CA).

The following information will familiarize you with the services we provide and our billing policy.

Whether you come to us with an illness, multiple medical problems or for a health evaluation, our goal is to help you move as quickly as possible to wellness with an emphasis being the prevention of disease. We believe that some essential ingredients for promoting optimal health are: a good nutrition program, proper stress management, a balanced exercise program and improved health awareness.

Getting healthy and staying healthy involves acquiring and maintaining a constant balance in all areas of our lives. At PMCM, we practice **Integrated Medicine**, a multi-disciplinary approach focusing on general family medicine, emphasizing the prevention of disease and the use of natural therapies, all within a framework of Western medicine.

As a new patient, your first visit may include a complete health history, a physical examination, and various tests such as biochemical and nutritional analyses along with other selected diagnostic procedures.

Our practice specializes in yearly health evaluations and personalized programs which may include: analysis of nutritional needs, pharmaceutical and naturopathic remedies, osteopathic evaluation and treatment along with acupuncture and other body therapies.

Billing. All appointments with Dr. Richard Shames are paid by the patient. There is no insurance reimbursement, and no medicare billing. Fees are due and payable at the time of service. This includes the office visit, any and all diagnostic and lab test fees, as well as recommended nutritional supplements.

For your benefit and ours, it is imperative that you keep your scheduled appointment or give us ample notice if you must change your appointment. To assist you, our staff will confirm your appointment 24 to 48 hours prior to your scheduled visit. For appointments canceled 24 hours or less before your scheduled visit,

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it is necessary for us to charge you. There is a \$150.00 charge for missed or late-canceled first appointments, and a \$75.00 charge for subsequent missed or late-canceled appointments. We hope that informing you of this policy will prevent us from ever having to enforce it.

The **Preventive Medical Center of Marin** is designed to serve, teach, and help you with your health concerns and attain optimal well-being. We will also care for your medical concerns, and we can refer to specialists if that is necessary.

Our primary focus is to help you feel comfortable with and completely comprehend your personalized health plan. Should any questions arise, please direct them to any PMCM staff member and they will gladly assist you.

We look forward to seeing you.

Julie Dietz and the Staff
Preventive Medical Center of Marin

Directions to:
Preventive Medical Center of Marin
4340 Redwood Hwy, Suite A-22
San Rafael, CA 94903
Tel: (415) 472-2343

We are located in La Plaza Center--just south of our previous Mitchell Blvd. location--on Redwood Highway in San Rafael (Terra Linda).

An easy way to find us is to "Look for the tall palm trees" and the mission-style architecture of La Plaza facing the freeway on the east side.

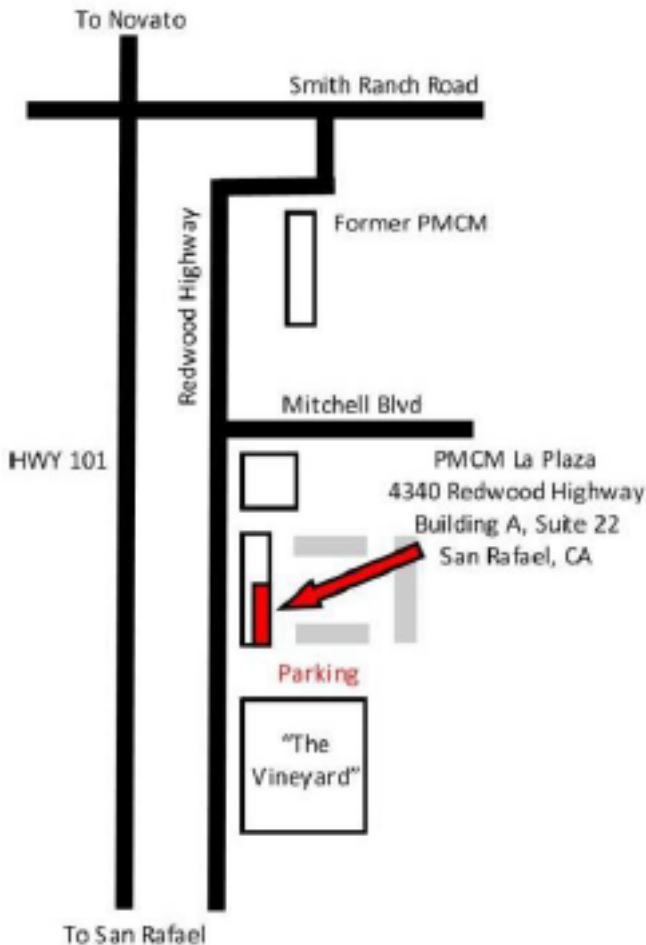
Driving south from Hwy 101, take the Lucas Valley Road exit, go under the freeway and then turn right onto Redwood Road at the second light by Bank of America (just as if you were going to the former PMCM).

Drive past our former location ~1/16 mile to 4340 Redwood Highway walk toward the center courtyard between buildings A and D. On the left you will see our sign on the front door at Suite A-22.

Driving north from San Rafael from Hwy 101, take the Freitas Parkway exit to the east, and stay toward the right as you approach the top of the hill at the exit. At the top of the hill, turn right and then take the immediate left turn down the hill onto Redwood Highway.

It is important to note that you have the right-of-way at this exit, but it is a busy intersection so proceed with caution.

Head north about a half mile on Redwood Highway and look for the tall palm trees on your right. Immediately past "The Vineyard" office complex you will see the palm trees. Turn right in between the sets of tall palm trees on the south end of the La Plaza Center, and you will be in our parking lot.



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