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www.antiagingwellnesscenter.com

BAKERSFIELD FAMILY MEDICAL CENTER (BFMC) PATIENTS

<http://www.bfmc.com>

Dear Patients,

We are very happy that you have selected us for your health care. We will try our best to provide you with timely & excellent care. Please do not hesitate to ask the doctor, or any of our helpful staff any questions or concerns that you may have. We are here for you. Be sure to get all your concerns addressed fully.

FREQUENTLY ASKED QUESTIONS:

- **REFERRALS:** How quickly will I get my referral approved? It takes up to 2 weeks for approval of routine referrals. If you have not received your referral by mail within 2 weeks, contact our office at 661-325-7452. Urgent or expedited referrals (if need is truly urgent) generally gets approval in 1-3 days.
- **APPOINTMENTS:** How quickly can I get a visit scheduled? We can see most patients on same day, if urgent. For routine visits, you can request your appointment almost any day you prefer. For any new problem or concern, we recommend a visit. Do a follow-up 1-2 weeks after any tests (blood test, X-ray etc.).
- **FOLLOW-UP:** Dr Deol recommends a follow-up visit in 2-4 weeks for new patients, or for anyone with a serious or acute condition, or after any medication change or after recent blood tests. For chronic diseases like Diabetes or High Blood Pressure, a routine follow-up exam is advisable every 3-4 months.
- **MEDICATIONS (MEDS) REFILLS:** We want to make sure you always have all your appropriate Meds. Recommend use the same pharmacy. Request Med refills early. Most chronic Meds will be refilled for 3 months. No Meds are refilled, after hours or on weekends. Pain Meds require a visit every month.
- **URGENT ISSUES:** BFMC has an excellent Urgent Care open every **day 8A-8P at 4580 California Ave** (near old Mervyns). **Ph. 661-327-4411.** Avoid going to Emergency Room for routine non-emergency issues.
- **TRIAGE NURSE:** Contact BFMC's Triage Nurse for advice at **661-327-4411, if needed 24 hours.**
- **GET MORE OUT OF YOUR VISITS:** Bring all your Meds & supplements once every year for review. Keep a current list (use our format) of all Meds. Request or bring copies of any old records. Write your questions & concerns ahead of the visit. Take off your jacket & extra clothing to assist in examination. Take off shoes & socks for feet examination, if needed. **ASK QUESTIONS!** Make sure you are well informed of your condition.
- **WEBSITE:** Check our website <http://antiagingwellnesscenter.com/forms/> & fill appropriate forms.
- **WELLNESS / NON-COVERED SERVICES:** Dr. Deol is Board Certified in Family Practice, and Anti-Aging & Regenerative Medicine. Dr. Deol offers many wellness services, which are not covered under your insurance. **If you are interested, you can request additional uncovered services (optional).**
- **SENIOR PATIENTS:** Recommend an Annual Wellness Visit Early Every Year. We recommend the following tests or procedures:
 - a. Blood & Urine Tests at least 1-2 times per year
 - b. Stool test for Blood yearly
 - c. Chest X-ray & EKG every 2-3 years
 - d. Mammogram for women (age 40 to 69) every 1-2 years
 - e. Colonoscopy (age 50-75) every 5-10 years
 - f. Bone density testing (Dexa Scan) every 2 years for women over 65
 - g. Flu shot (age 65+) every year & Pneumonia shot as appropriate
 - h. All Diabetic patients should get annual Eye & Foot exam

Thank you & Best of Health,

Dr. Deol & Staff / Debbie & Ailed (Receptionists) / Connie & Pam (Nursing) / Amy & Gaurav (Billing)

IF YOU ARE HAPPY WITH OUR CARE, PLEASE GIVE US A 5-STAR *** ON ALL SURVEYS & SITES!**
IF YOU HAVE ANY CONCERNS, CONTACT US FIRST.

BAKERSFIELD FAMILY MEDICAL CENTER (BFMC) SERVICES

<http://www.bfmc.com/services/>

LAB: 8 to 12-hour fasting is recommended. All blood draw must be done at one of the following locations:

BFMC - MAIN LOCATION

4580 California Ave, Bakersfield, Ca 93309

Ph: 661-327-7444 Fax: 661-327-7555

Mon-Fri 7:00am – 5:00pm

BAKERSFIELD – LABCORP LOCATION

3550 Q St., Ste 102, Bakersfield, Ca 93301

Ph: 661-323-3353 Fax 661-323-3433

Mon-Fri 7:00am – 4:00pm. Saturday: 7:00am – 12:00pm

BFMC NORTHEAST LOCATION

5601 Auburn St, Ste A, Bakersfield, CA 93306

Ph: 661-661-9700 or 871-1300 Fax: 661-871-1360

Mon-Fri 8:00am – 5:00pm

OAKTREE MEDICAL GROUP

432 South Mill St, Tehachapi, CA 93561

Ph: 661-823-2273

Mon-Fri: 8:00am – 5:00pm

BFMC - NORTHWEST LOCATION

3400 Calloway Dr, Bldg. 400, Bakersfield, Ca 93312

Ph: 661-587-6000 or 7020 Fax: 661587-7021

Mon-Fri: 8:00am – 5:00pm

DELANO LOCATION

1206 High St. Delano, CA 93215

Ph: 661-721-3250 Fax: 661-725-0648

Mon-Fri: 7:30am – 5:00pm. Sat.: 7.30am – 12:00pm

BFMC - LAKE ISABELLA LOCATION

6425 Lynch Canyon Dr., Lake Isabella, CA 93240

Ph: 760-379-4496 Fax: 760-379-4669

Mon-Fri: 8:00am – 5:00pm

COURTYARD MEDICAL GROUP

1040 7th St, Wasco, CA 93280

Ph: 661-758-7865

Mon-Fri: 8:00am – 5:00pm

X-RAYS: Plain X-rays, Ultrasounds & Mammogram (No authorization needed) plus DEXA Scans, CT Scan, MRI, etc. are done at **Truxtun Radiology Offices** <http://www.truxtunrad.com>. Call **661-616-1488** or **325-6800** for appointment.

PROCEDURES: All Procedures like EKG, Heart Monitor, Ear wax Cleaning, Hearing Test, Breathing Test, Allergy Test, IV Infusions, Injections, Treatments are done at BFMC, 2nd Floor, 4580 California Ave. 661-327-4411.

WELL WOMEN EXAM: Patients may select a OB/GYN from provider list for well-women exam & Pap (No auth.).

URGENT CARE: Bakersfield Family Medical Center, 4580 California Ave. Ph. 661-327-4411. 8a-8p

PRIORITY CARE: BFMC offers more intensive care for patients with multiple serious conditions, requiring more hands-on care at 4580 California Ave. Ph. 661-327-4411. Ask if you may be a candidate & need referral.

HEALTH CLASSES: BFMC offers many health classes, some without a referral from the doctor.

Health Education Classroom, 4570 California Ave. Call for appt.: **661-846-4650**. If questions, contact Robyn Garibaldi, Director of Health Education, Ph. 661-846-4650 ext. 1980 or rgaribaldi@bfmc.com.

THESE ARE SOME OF THE HEALTH CLASSES AVAILABLE:

- 6 MO. WEIGHT MANAGEMENT PROGRAM
- ASTHMA / COPD
- BODY MOTION
- CHF / HEALTHY HEART
- DIABETES MANAGEMENT PART 1 & 2
- FUN 2B FIT
- LIFE BALANCE
- MIND & BODY
- PRE-SURGERY JOINT COUNSEL
- PRE-DIABETES MANAGEMENT
- STEPS TO HEALTHY WEIGHT LOSS
- WEIGHT MANAGEMENT SUPPORT GRP

ALL INFORMATION SUBJECT TO CHANGE WITHOUT NOTICE

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