

WELCOME! HERE IS SOME BASIC INFORMATION ABOUT YOUR DOCTOR'S OFFICE:

In a few moments, you will receive an invitation to our Patient Portal (PHR) through our electronic health records system, ChARM (ChARMphr.com). This portal will give you access to your health documents, including labs, treatment plans and a summary of your care. In addition, this portal offers a secure way to communicate with your provider and the clinic. Be sure to write down your username, as once it is set, it cannot be changed.

Once you sign in, you will find that we have sent you several questionnaires and consent forms to complete prior to your first visit. These will take approximately 30 minutes to complete. You can save progress on these as you go- just **remember to click "Submit" when you are finished** and the portal will take care of sending these forms directly to your doctor. If needed, you can print these forms off of the portal and then mail or fax them to the clinic. By taking your time and providing thoughtful responses, you allow us to spend more of our visit focused on your care. ***If you are unable to complete these documents at home, please arrive 30 minutes prior to your scheduled appointment.***

During our first visit, your provider will ask many questions and perform a physical exam. At the end of the visit, we will send you home with instructions and medicines to start you on the road to wellness. Your next appointment will be two weeks to one month later. We will work together until you are at the level of health and wellness you desire. We seek to find the root cause of your health problems and correct them. This approach requires more work, but is worth the effort. ***If you have any questions during the course of your treatment, please do not hesitate to contact us.***

The clinic policies are also included in the questionnaires section on the Patient Portal. Please review and sign them before your appointment.

Health and Happiness,

The Physicians & Staff Northwest Integrative Medicine

phone) 503.855.4341
fax) 503.741.2184
19365 SW 65th Ave #209
Tualatin, OR 97062

Contact us:

Same day or next day appointments are often available for acute needs:

By Phone:

(503) 855-4341

By Web:

www.nwim.org

Secure messaging to your doctor is also available through your PHR.

Prescription Refills:

Medications sold in office can be picked up at your convenience or ordered online!

Traditional pharmacy refills should be requested through your pharmacy.

After Hours Care:

An on-call physician can assist you after normal clinic hours. Please allow 1-2 hrs for a return call.

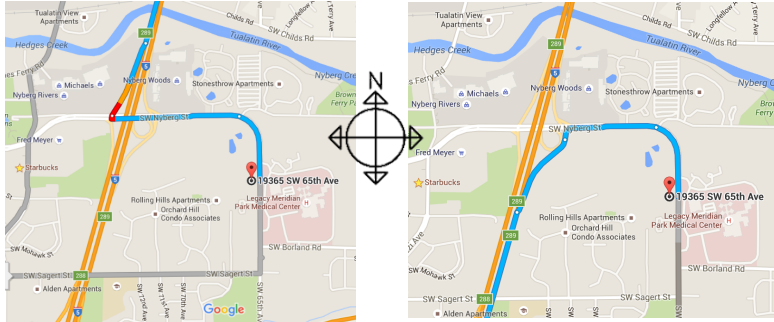
(503) 765-6020

If you receive care at an ER or Urgent Care center please let us know within 48 hours so we may assist with follow-up care.

Please give us at least 48-hours notice if you need to change or cancel your appointment.

FIND US!

MAP AND DIRECTIONS TO OUR OFFICE:



We are conveniently located just 20 minutes south of Portland in Tualatin, Oregon. Our office is across the street from Legacy Meridian Park Hospital in the Meridian Professional Building, Suite #209.

From I-5 NORTH or SOUTH:

- ❖ Take I-5 to Exit 289 for Nyberg Road.
- ❖ Make a LEFT into Nyberg Rd if coming from the NORTH or make a SLIGHT RIGHT TO CONTINUE onto Nyberg Road if coming from the SOUTH.
- ❖ Continue STRAIGHT onto SW 65th Ave.
- ❖ We are located in the Meridian Professional Building on your RIGHT. This is the SECOND professional building on the RIGHT.
- ❖ You may park in the NORTH or SOUTH parking lot. **Handicap accessibility is at the SOUTH parking lot**, just a bit further down SW 65th Ave. just past the TRI-MET Bus stop.

From I-205:

- ❖ From I-205 South take Exit 3 for Stafford Road.
- ❖ Make RIGHT onto Stafford Road.
- ❖ At the traffic circle, take the SECOND Borland Road exit heading WEST towards TUALATIN.
- ❖ Turn RIGHT onto SW 65th Ave.
- ❖ We are located in the Meridian Professional Building on your LEFT. This is the SECOND professional building on the LEFT.
- ❖ You may park in the NORTH or SOUTH parking lot. **Handicap accessibility** is at the SOUTH parking lot, which will be the first driveway into the building just before the TRI-MET Bus stop

Tri-Met:

- ❖ The **76- Beaverton/Tualatin bus line** has a terminal/stop located right off of the South parking lot of the Meridian Professional Building.
- ❖ This line is accessible at the Beaverton, Washington Square, and Tigard Transit Centers.