

TAMPA HEIGHTS MEDICAL CENTER | DR. FAITH FELDER



We made great progress in 2018 getting people off medications, dropping their weight, lowering their cholesterol, and getting control of their A1C!

Some of you have shared your successes with your fellow patients on our Facebook page over the course of the year. I want to point out just a few of the things we've accomplished in 2018 and tell you how we plan to really ramp it up in 2019.

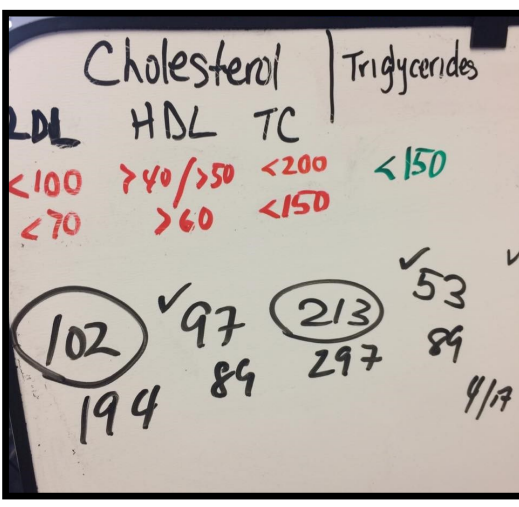
See what's happened in just the last four weeks in the box at the right.



You may also have noticed some changes in the office and online as well: new furniture, a waiting room library, in-office labs and EKG's, privacy curtain in exam room, and a refreshed www.DoctorFaith.com.

Everyone by now has seen The Whiteboard and knows that I am certified in Internal and Lifestyle Medicine. It's because of this that #NoMoreDrugs is not just a slogan but a principle and a goal I have for all of you.

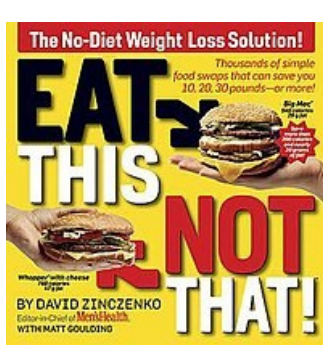
- * 30 patients lost a total of 397 lbs.
- * 35 patients lowered their cholesterol by changing their lifestyle
- * 14 patients lowered their A1C by changing their lifestyle



#NoMoreExcuses #NoMoreDrugs #Results2019

But now 2019 is here, and whether you make New Year's resolutions, what I want you to get are RESULTS! That one word is the driving force behind everything we've done and are doing.

Over the course of 2018 so many people asked "What should I eat?" and "What should I be doing for exercise?" Many have taken advantage of the library and flipped through the pages of Eat This Not That or How Not To Die.



More than a few good people have tried very hard to stay consistent but

have shared that they felt like they were taking "one step forward and two steps back."

Some folks have a number of issues (some very serious) that require a deeper dive into their care, often times requiring the coordination with a number of specialists to get their true needs met.

I love my patients. I hope that last year you made real progress toward reaching your goals. If you did not, I hope you are ready to make the changes necessary and stick with them in 2019 to live your healthiest life.

#LifestyleChanges

So in 2019 I'm going to continue guiding you in your quest to live your healthiest life by providing more tools, more videos, more coaching, and more personalized healthcare so that you can get the results you want. Some of those new tools include a focus on wellness and fitness. I can't mention them all right now, as we are testing them out but you'll notice a difference when you come in the office.

"The experience of going to the doctor should not really feel like going to the doctor."

health office visit options in 2019 is high up on the list. I'd rather we had a telehealth visit than charge you for a missed appointment. Wouldn't that make it easier for you to keep doing the right things?

The experience of going to the doctor should not really feel like going to the doctor. There is a cost to help make all this happen. Now hold on and keep reading. We are not dumping your insurance!

We still take your insurance! Your copays, deductibles, and coinsurance won't change. Now, the fee is not \$1600 like some medical practices charge. It's not \$500 or \$200. It's one yearly fee of \$89. That's it. It's just the same as \$7.42 a month, which is way cheaper than Netflix, 2 Starbucks Frappuccinos, or a Walmart cell phone bill.

People need a range of tools and information outside of the standard office visit. Personalized meal and exercise plans, coaching, and telehealth will go a long way to getting your numbers down and upping your quality of life - much more than if I just fill your prescriptions and send you off to the pharmacy every 3 months.

As I mentioned earlier, one word drives this practice, its staff, and me - RESULTS! I aim to give you every bit of information that you need, every tool that you might require, and every opportunity you deserve to get the success in the health space that impacts every

other part of your life! That's my commitment to you. RESULTS! Below is a picture of one of our patients who got the results he was shooting for. CLICK HERE to hear another patient, Albert tell you how he did it last year! Congratulations Albert!



I know for some 2018 was one of the best years in a long time. For others, it was a challenging year on many levels. Either way, I'm planning that 2019 will be even better for you as you live healthily, achieve your goals, and experience family, friends, travel, or whatever else you have on your 2019 calendar to the fullest.

With Warmest Regards,
Faith Felder, MD

[If you have questions please see the FAQ page on the website site.]

