

# New Patient Instructions

## Outpatient Nutrition Education Centers

Name \_\_\_\_\_

Appointment Date \_\_\_\_\_ Time \_\_\_\_\_

**Location:**  **Tacoma**

Outpatient Nutrition Education Center  
Located in the Physicians Medical Center  
at St. Joseph Medical Center  
1624 South I Street, Suite 205  
Tacoma, WA 98405  
(253) 426-4926

**Silverdale**

Outpatient Nutrition Education Center  
Located in the St. Michael Medical Pavilion  
1950 NW Myhre Road, Floor 2  
Silverdale, WA 98383  
(564) 240-4120

If you have questions or need to reschedule, please call the location you are scheduled at.

**If you find yourself 15 minutes late or more, please reschedule.**

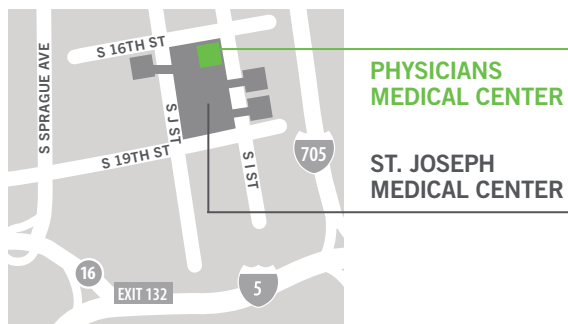
### What should I expect?

Please allow an additional 10 minutes for parking prior to your scheduled appointment time.

Please check in with our receptionist upon arrival. If possible, please bring the following:

- A family member or spouse who helps you with shopping and cooking
- Copy of recent lab work, if available
- List of current medications and supplements
- A complete food record for three days

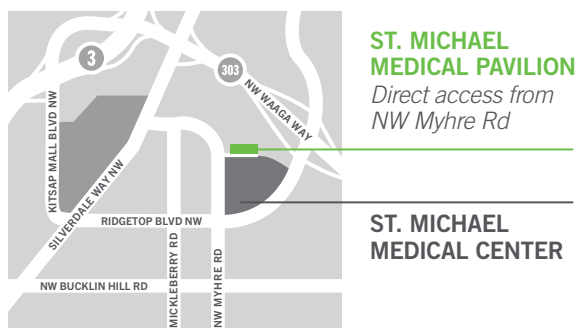
### Driving directions



### Physicians Medical Center at St. Joseph Medical Center

**Traveling South on I-5:** Take Exit 133 to merge onto I-705 N toward City Center. Turn left at WA-509 South. Continue onto South 21st Street. Turn right at Jefferson Avenue. Turn left at South 19th Street. Turn right at South I Street. The Physicians Medical Center parking area is on the left at the end of the block.

**Traveling North on I-5:** Take Exit 132 for South 38th Street. Keep left at the fork and follow signs for Tacoma Mall. Continue toward South Sprague Avenue. Keep right at the fork and merge onto South Sprague Avenue. Turn right onto South 19th Street. Turn left onto South I Street. The Physicians Medical Center parking area is on the left at the end of the block.



### Franciscan Diabetes & Nutrition Associates at St. Michael Medical Pavilion

**From Kitsap Mall Boulevard NW:** Head south and continue around curve onto Ridgetop Boulevard Northwest. Turn left onto Myhre Road. Turn right at the entrance to the St. Michael Medical Pavilion, located on the north end of the St. Michael Medical Center campus.