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

[ ] Bremerton

Harrison HealthPartners Diabetes & Nutrition
Located in the Bridgeview Medical Building
2601 Cherry Avenue, Suite 115
Bremerton, WA 98310
(360) 744-6910

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.

**Harrison HealthPartners Diabetes & Nutrition**

*From WA-303 southbound:* Turn left onto Sheridan Road. Take the second right onto Cherry Avenue. The clinic will be on your right.

*From WA-3 northbound:* Merge onto WA-304 East via Exit 36 toward Bremerton. Take the WA-304 East ramp toward City Center/Seattle Ferry. Turn right onto Burwell Street/WA-304. Turn left onto Warren Avenue. Turn slight right onto ramp and merge onto Callahan Drive. Take the third right onto Cherry Avenue. The clinic will be on your right.