

Hello,

Your Nutrition Appointment has been scheduled for: _____

We are looking forward to making your Medical Nutrition Therapy Appointment productive and satisfying. Spouses or other individuals who can support you in your efforts are welcome to accompany you.

Remember To Bring:

Kindly complete the enclosed Completed Nutrition Profile Form **prior** to your scheduled appointment.

Please Arrive On Time:

Traffic, parking, unfamiliarity with destination, and other circumstances frequently cause delay. We ask that you make every effort to *safely* arrive on time for your appointment. An effective initial appointment requires a full forty-five minutes of scheduled time. Late arrival significantly affects the quality of your appointment as well as sessions for other individuals scheduled for the remainder of the day.

To check in:

There is *no* check-in desk. Simply knock on the door to announce your arrival and then be seated in the waiting area.

Rescheduling or Canceling an Appointment:

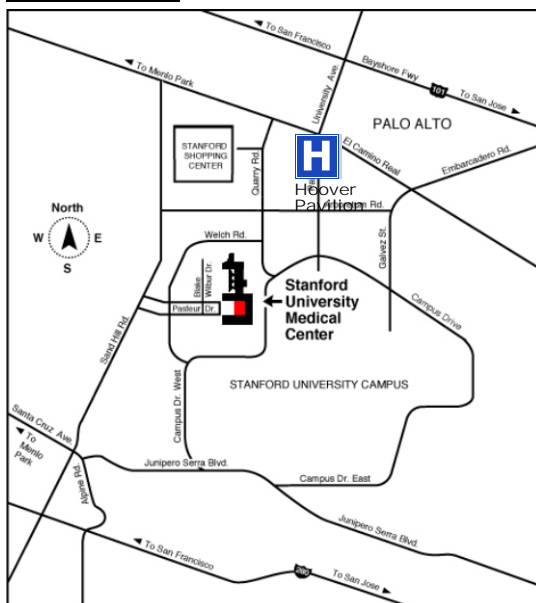
Remember that failing to appear, rescheduling and canceling appointments contributes to the increased costs of health care. Please call 650 723-5440 as soon as you know that you need to cancel or reschedule your appointment.

**Clinic Nutritionist
Hoover Pavilion,
Room N359
211 Quarry Road
Stanford, CA 94305
Phone: 650 723-5440
kbirge@stanfordmed.org**

- Walk through the side patient entrance at 211 Quarry Road that faces Stanford Shopping Center.
- At the hallway straight in front of you, turn left and walk to the elevators.
- Take the elevator to Floor 3.
- As you leave the elevator, turn right.
- The office is four doors down on the right, Room N359.
- There is no receptionist.
- When you arrive, simply knock on the door to indicate that you have arrived.

GPS Navigation Systems: *Please note that many GPS navigation systems have not directed patients to the correct location, therefore, please also refer to the following directions so that you arrive on time.*

DIRECTIONS:



From Bayshore US Highway 101 North or South

Take the Embarcadero Road/West exit. Follow Embarcadero Road for about two miles. Turn right on El Camino Real and left on Quarry Road. The Hoover Pavilion is located at 211 Quarry Road and will be on your left.

From 280 North or South

Take the Sand Hill Road exit and head east. Turn right on Arboretum Road and left on Quarry Road. The Hoover Pavilion is located at 211 Quarry Road and will be on your right.

El Camino Real North or South

Turn on Quarry Road. The Hoover Pavilion is located at 211 Quarry Road and will be on your left.