

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:**

**Prior** to your appointment, kindly complete the enclosed Nutrition Profile form and bring it with you to your 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:**

Please check-in at the front desk to let the dietitian know you have arrived. Please take a seat in the waiting area and the dietitian will call your name when ready.

**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.

**Heather Schwartz, MS, RD**

**Clinic Nutritionist**

900 Blake Wilbur Drive  
Stanford Family Medicine Clinic  
Room W3077, 3<sup>rd</sup> floor  
Palo Alto, CA 94304

**Phone: 650 723-5440**

hschwartz@stanfordmed.org

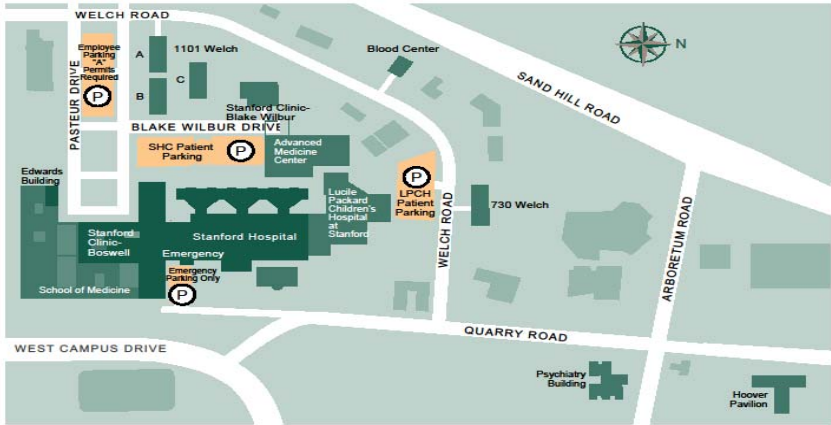
-Enter the Blake Wilbur building through the double glass doors and take the elevators directly in front of you to the 3<sup>rd</sup> floor.

-Turn left out of the elevators and walk down the hallway until you see the check-in desk for Stanford Family Medicine Clinic

-Check-in at the front desk, then please take a seat in the adjacent waiting area.



**SUMC SITE MAP**



**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.

Cross El Camino Real, after which the road becomes Galvez Street.

Turn right at Arboretum Road, left on Sand Hill Road, left on Pasteur Drive and left on Blake Wilbur Drive. The Blake Wilbur Clinic will be on your left and parking is available in the structure to your right.

### **From Highway 280 North or South**

Take the Sand Hill Road exit and head east.

Turn right on Pasteur Drive and left on Blake Wilbur Drive.

The Blake Wilbur Clinic will be on your left and parking is available in the structure to your right.

### **El Camino Real North or South**

Turn on Sand Hill Road.

Turn left on Pasteur Drive and left on Blake Wilbur Drive.

The Blake Wilbur Clinic will be on your left and parking is available in the structure to your right.