



*Richichi Family Health*

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Dear Patient:

Welcome to Richichi Family Health! I'm honored to be your physician, and I'm committed to providing you with the best care I can. My hope is that we form a partnership to keep you as healthy as possible, no matter what your current state of health. I will share my medical expertise with you, and I hope you'll take responsibility for working toward the healthy lifestyle that is so important to your well-being. Few of us, myself included, have a completely healthy lifestyle, but each day we can take a step closer to a healthier life.

Here are some important steps you can take toward better health:

- Don't smoke cigarettes or use other tobacco products.
- Drink alcohol in moderation, if at all, and never drive when you've been drinking.
- Eat a diet low in fat and high in vegetables and fruits.
- Exercise at least three times a week.
- Wear your seat belt whenever you're in a car.
- Learn about ways to deal with stress and tension.
- Discover what spirituality means to you and practice it.
- Maintain ties with your family, neighbors, co-workers or your church community.

It will give me great pleasure to work with you on these goals, either through my own expertise, through reading I might give you, or by referral to other health professionals. Our website, [www.RichichiHealth.com](http://www.RichichiHealth.com), also provides a vast amount of healthcare information.

We want everyone to be involved in our health maintenance program. Everyone who joins our practice should start by having a complete physical exam followed by periodic check-ups to test for a few specific diseases.

I look forward to working with you as your family doctor. Please contact me whenever you'd like to talk about anything you think may be affecting your health. It's my hope that we can have a relationship where the lines of communication are open and communication goes both ways. I will listen to you at least as much as I talk. Let's work together to help you live the satisfying life that you deserve.

Sincerely,

*Joseph Richichi, M.D.*