



Sequoia MD

Welcome to Sequoia MD! We are honored to support you on your journey toward better health.

What to Expect Next

You can expect a call from us within 1-2 business days to schedule your initial appointment. During this call, we will:

- Confirm your contact information.
- Discuss available appointment times.
- Answer any immediate questions you may have.

In the meantime, please feel free to register yourself at www.sequoiamd.com and hit "Sign Up" in the upper right corner of the page.

Our Approach to Primary Care

At Sequoia MD, we take a personalized approach to your health. Our Direct Primary Care model allows us to focus on what matters most—you.

- **Comprehensive Care:** We address a wide range of health concerns, from routine checkups to managing chronic conditions.
- **Direct Access:** You'll have direct access to your doctor through office visits, phone calls, video visits, text messages, and email.
- **Holistic Focus:** We prioritize prevention, wellness, and personalized treatment plans tailored to your goals.

We strive to create a safe, welcoming environment where you feel heard and valued. Your well-being is our priority.

Payment Information

We offer transparent, membership-based pricing for our services

Child: \$40/month

Adult age 18-54: \$110/month

Adult age 55+: \$125/month

This includes everything we provide: office visits, phone calls, video visits, text messages, and email. There are no co-pays or deductibles—just a fixed monthly rate that ensures predictable costs and comprehensive care.

Your Initial Appointment

Your first visit is designed to establish a comprehensive understanding of your health and goals. Here's what you can expect:

- **Comprehensive Assessment:** We will discuss your medical history, current concerns, and lifestyle factors.
- **Collaborative Planning:** Together, we will develop a personalized health plan tailored to your needs and objectives.
- **Support and Resources:** We will provide information on tools and strategies to maintain and improve your health.

Parking is available onsite, and our office is fully accessible. If you have any questions before your appointment, please feel free to reach out.

Additional Information

- **Cancellations:** If you need to reschedule or cancel your appointment, please notify us at least 24 hours in advance.
- **What to Bring:** A government-issued ID, any recent lab results, and a list of medications you're currently taking.
- **Support:** If you'd like to bring a family member or friend to your visit, they are welcome.

We are committed to providing compassionate, personalized care to support your health journey. We look forward to meeting you.