

Re: Making Your First Well Visit with Your Doctor

Welcome to our practice! You can contact us to set up a visit with your doctor.

As a new patient, please make your first visit for a check-up right away. These check-ups are free of charge and at no cost to you. Your doctor will review your past and current health needs and share with you ways to prevent future illness.

Everyone needs a check-up. Children and adults need check-ups in the first 120 days after you enroll with your health plan, Alameda Alliance. Children need shots from birth through their teens, and these shots are free at no cost to you. Pregnant women need frequent prenatal care starting in the first 12 weeks. See your doctor every year for a well visit so your doctor can find any likely health problems before you get sick.

Do you have questions, need to change your doctor, or cannot get a timely visit scheduled? For answers you can call Alameda Alliance Member Services at **510-747-4567**, 1-877-932-2738 Toll Free, or 1-800-735-2929 TTY.