



Spring is a great time to begin a new mindful exercise program. More sunlight and warmer temperatures help us feel more motivated.

Just 30 minutes of walking everyday can increase vascular fitness, improve muscle power, strengthen bones, and reduce body fat.

## ROLE OF OUR PROVIDERS

We are here to provide you with the best professional, high quality medical care we can. Our healthcare team is here to provide you with care and recommendations to lead you to feeling better and reaching your health goals.

All our providers work together in caring for each one of you. Just some helpful facts in case you didn't know:

- Patients have ONE chart in the office; therefore, each provider accesses those same records every time a patient is seen. All information is available for providers to review.
- Our providers consult with one another at different times on cases if they feel it is needed.
- Physicians and Physician Assistants function in the same role within our office; they all provide primary care which include diagnostic evaluations, treatment interventions, preventative care, and in-office surgical procedures.
- Our providers have monthly meetings and include clinical discussion and educational updates in medicine.
- Dr. Sawtelle is our Lead MD, that offers his clinical experience to other members of our provider team.
- Dr. Sawtelle has the upmost confidence in his provider team to help assist the practice in providing primary care to our patients.
- Physician Assistants have an integral part of our practice, bringing their medical model training (mirroring those of physicians), and experience in caring for patients.

ELFHP understands patients establish professional patient-provider relationships. We know that patients may prefer to see the provider they have established care with for multiple reasons, and we are willing to provide that when possible.

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At times, we do ask for your help. There are days or certain months the providers' schedules may be busier than usual due to providers being out of the office or just more acute illnesses. During these times, when a patient requests a specific provider, they might not have the availability needed for the specific appointment. Our staff will offer you the best options possible which may mean seeing another provider you may not have seen before. Based upon the urgency and reason for the appointment our goal is to get you seen and provide medical care as quickly as possible. As stated earlier, our providers work, communicate, and consult with one another in caring for our patients.

If patients are needing a non-urgent appointment or follow-up that might be a few weeks to months out, we can try and schedule you with your requested provider.

Also, we ask, if you have a certain provider, you are most comfortable with when you come in for your Annual Wellness Visit/Physical/Well Child Check to please make sure to schedule your next year's appointment when you come in for your AWW/PX/WCC. This way you have your provider preference and time saved.



Did you receive a bill from Physicians Lab?

If so, please contact the number listed on the statement first. We do not handle the billing for laboratory tests ran outside of our office. We send specimens to Physlab along with your insurance information and diagnosis for ordering the tests.

If you still need assistance, you're welcome to call our office for additional help.

Don't forget to schedule your yearly Annual Wellness Visit/Physical! We are scheduling out a few weeks for these appointments.

Also, get your child's School & Sports Physicals scheduled!



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## Call Us First



*You may be able to avoid an ER visit or a trip to urgent care by calling our office first. [402-483-7507](tel:402-483-7507)*

Office Hours and non-Office Hours, we are available **24 hours**  
7 days a week.

During non-office hours (evenings, nights & weekends) one of our providers can assist with acute needs or urgent questions.