

Be Well.

sound health  
physicians 

## **Accessing Your *Be Well* Benefits®**

### **Communications**

Membership includes private cards for your practitioners. These cards have the direct contact information for you to contact your practitioner by phone or email. If you have signed a consent to text communicate with your practitioner, then you may also communicate with your practitioner that way if it is convenient for you.

We also have secure messaging available through our electronic health record, Care 360 and you can get your unique messaging address from your provider.

All practitioners have the ability to use Face Time or Skype in order to visit with you when you can't make it to the office.

### **Appointments**

Feel free to call us at our main number at 425-654-3516 or email us at [info@sound-health.us](mailto:info@sound-health.us) to make an appointment. A real person will pick up the phone and talk to you without having to press extra numbers on your phone!

You can request same day or next day appointments or when it is convenient for you. The day before your visit expect a courtesy call, text or email to confirm your appointment. For your convenience, we also have evening and Saturday appointments available to match your busy schedule.

### **Membership Fees**

We make this easy for you. Membership fees are due at the beginning of every month. You may pay by phone, check, PayPal, or at our website. You may also set-up autopay through your personal bank. Remember, our membership fees are month-to-month and you can cancel at any time.

### **Conferences, Classes and Get Togethers**

See our newsletter, website or Facebook ([facebook.com/visitbewell](https://facebook.com/visitbewell)) for our list of conferences, classes and get togethers. Most of these events are complimentary or a low fee for our members and their guests. Our events promote good health, wellness and spirits. They are a good way to network and meet new people who share the same commitment to good health.



W: [www.sound-health.us](http://www.sound-health.us)

P: 425 654 3516

F: 888 843 7076

E: [info@sound-health.us](mailto:info@sound-health.us)