

## Doctor Appointments Just Got Closer



PAMF's **Care-A-Van** is staffed by a doctor and care team to make medical appointments convenient for you.

### See a doctor at your convenience for the following services:

- Physical exams
- Lab services
- Vaccinations
- Care for basic health needs
- Counseling on test results *(for example, blood pressure, blood sugar, cholesterol and body mass index)*
- Referrals for specialty care testing *(for example, allergy, dermatology, colonoscopy or mammogram)*

PAMF is in-network and contracts with most major health plans, including HMO, POS and PPO plans. To view a list of our health plans we accept, visit our website at [pamf.org](http://pamf.org). Employees covered by an insurance plan not accepted by PAMF will be charged a fee for service.

The Palo Alto Medical Foundation (PAMF) serves more than 900,000 patients in Alameda, San Mateo, Santa Clara and Santa Cruz counties. We offer high-quality medical services at the on-site Care-A-Van, local clinics and urgent care centers, making access to care convenient for you no matter where you live or work. Learn more about us at [pamf.org](http://pamf.org).

#### **Dates:**

First and third Wednesday of each month

#### **Time:**

9 a.m. – 4 p.m.

#### **Location:**

VMWARE Promontory Parking Garage adjacent to Hilltop B

To schedule an appointment or for more information, visit [pamf.org/vmware](http://pamf.org/vmware) or call **650-853-6798**.