



Anti-Aging & Wellness Center (Bako)
 Shivi Deol MD & Dr. Eve Rockafellow, NP
 4000 Stockdale Hwy, Ste D
 Bakersfield, CA 93309
 o: 661-325-7452
www.antiagingwellnesscenter.com

Anti-Aging & Wellness Center (Teha)
 Dr. Valerie Phillips, NP
 276 S. Mill Street, Ste C
 Tehachapi, CA 93561
 o: 661-822-5811
www.comhrehensivcareforwomen.com

Anti-Aging & Wellness Center (Bako)
 Dr. Steve Booth, DC
 4000 Stockdale Hwy, Ste B
 Bakersfield, CA 93309
 o: 661-324-4431
www.antiagingwellnesscenter.com

WELCOME BAKERSFIELD FAMILY MEDICAL CENTER (BFMC) PATIENTS

Dear Patients,

We are very happy that you have selected us for your health care. We will try our best to provide you with timely & excellent care. Please do not hesitate to ask the doctor, or any of our helpful staff any questions or concerns that you may have. We are here for you. Be sure to get all your concerns addressed at every visit.

Frequently Asked Questions:

- **Referrals:** How quickly will I get my referral approved? Typically, it takes up to 2 weeks for approval of routine referrals. If you have not received your referral by mail within 2 weeks, contact our office. Approval for urgent or expedited referrals (if need is truly urgent) generally gets done in 1-3 days.
- **Appointments:** How quickly can I get a visit scheduled? We can see most patients on same day, if urgent. For routine visits, you can request your appointment any day you prefer. For any new problem or concern, we recommend a visit. Do a follow-up ~2 weeks after any tests (blood tests, X-rays, consults, etc.).
- **Follow-up:** Dr Deol recommends a follow-up visit in 2-4 weeks for new patients, or for anyone with a serious or acute condition, or after any medication change or after recent blood tests. For chronic diseases like Diabetes or High Blood Pressure, a routine exam is advisable every 3-4 months.
- **Medications (Meds) Refills:** Make sure you always have all your appropriate meds, request refills early. Always use the same pharmacy. Pain meds require a visit every month, other meds can be refilled for 3 months. No meds are refilled after hours or on weekends. **Take your Diabetes, BP & Cholesterol meds regularly.**
- **Urgent Issues:** BFMC Urgent Care is open **daily 8A-8P** at 4580 California Ave (near old Mervyns). Ph. 661-327-4411.
- **Virtual Urgent Care is open by calling 661-616-9493.** Avoid going to ER for routine non-emergency issues. **8A-8P**
- **Triage Nurse:** Call the nurse for advice at **661-327-4411 24 hours a day.**
- **Get More Out of Your Visits:** Bring all your Meds & supplements every visit. Keep a current list of all Meds. Request or bring copies of any old records. Write your questions & concerns ahead of the visit. Take off your jacket, extra clothing, shoes & socks for full examination on annual physical. **ASK QUESTIONS!**
- **Website:** Check our website <http://antiagingwellnesscenter.com/forms/> & fill appropriate forms online.
- **Our Doctors:** Dr. Shivinder Deol is Board Certified in Family Practice and Anti-Aging & Regenerative Medicine. Dr. Eve Rockafellow & Dr. Valerie Phillips are naturopathic doctors. Dr. Steve Booth is our chiropractor.
- **Non-Covered Services:** AAWC offers many Optional Wellness & Cosmetic Services, Weight Loss & Energy Shots, IVs, Bioidentical Hormones, Thermology, Detox, Hyperbaric, Specialized Tests which are not covered by your insurance.

Senior Patients: Recommend an Annual Wellness Visit every year. We recommend the following tests:

- Blood & Urine Tests at least 1-2 times per year
- Stool Test to check for Blood yearly
- Chest X-ray & EKG every 2-3 years
- Mammogram women (age 40 to 69) every 1-2 yr
- Colonoscopy (age 50-75) every 10 years
- Bone density (Dexa Scan) every 2 yr women over 65
- Flu shot (age 65+) every year
- Pneumonia shot as appropriate
- Diabetic patients need Annual Eye & Foot Exam
- Regular follow-ups are always a good idea

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LAB: All blood draw must be done at one of the following locations.

BFMC MAIN LOCATION

4580 California Ave,
Bakersfield, Ca 93309
Ph: 661-327-7444 Fax: 661-327-7555
Mon-Fri 7:00am – 5:00pm

Bakersfield – LABCORP LOCATION

3550 Q St., Ste 102
Bakersfield, Ca 93301
Ph: 661-323-3353 Fax 661-323-3433
Mon-Fri 7:00am-4:00pm. Sat: 7:00am-12:00pm

BFMC NORTHEAST LOCATION

5601 Auburn St, Ste A
Bakersfield, Ca 93561
Phone: 661-871-1300 Fax 661-871-1360
Mon-Fri 8:00am – 5:00pm

BFMC NORTHWEST LOCATION

3400 Calloway Dr, Bldg. 400
Bakersfield, Ca 93312
Ph: 661-587-7020 Fax: 661-587-7021
Mon-Fri: 8:00am – 5:00pm

DELANO LOCATION

1206 High St.,
Delano, CA 93215
Ph: 661-721-3250 Fax: 661-725-0648
Mon-Fri: 7:30am-5:00pm. Sat: 7.30am-12:00pm

Lake Isabella- BFMC LOCATION

6425 Lynch Canyon Dr.
Lake Isabella, Ca 93240
Ph: 760-379-4496 Fax: 760-379-4669
Mon-Thurs: 8:00am – 5:00pm

X-RAYS: All X-rays, Ultrasounds, Mammograms, Dexa Scan, CT Scan, MRI, etc. are done at one of the 4 Kern Radiology Offices. Call 661-324-7000 or 661-326-9600 for an appointment or Fax order to 661-334-3164

Bahamas Facility

2301 Bahamas Drive

San Dimas Facility

3838 San Dimas, A-120

Riverwalk Facility

9330 Stockdale Hwy, #100

Rio Bravo Facility

4500 Morning Dr, #202

URGENT CARE: Bakersfield Family Medical Center, 4580 California Ave. Ph. 661-327-4411. Daily 8am - 8pm.

VIRTUAL URGENT CARE: Schedule Virtual Urgent Care Visit from your home. No Copays or charges. **Daily 8am - 8pm.**

Call 661-616-9493 & see if doctor on call can help you with your concerns without a visit.

HEALTH CLASSES: BFMC offers many health classes without a referral from the doctor. Call for appt. **661-846-4650.**

LOC1 – Health Education Classroom, 4570 California Ave. If questions, contact Robyn Garibaldi, Director of Health Education, Ph. 661-846-4650 ext. 1980 or rgaribaldi@bfmc.com. **Some of the health classes available free for you:**

- 6 MO WEIGHT MANAGEMENT PROGRAM
- ASTHMA / COPD
- BODY MOTION
- CHF / HEALTHY HEART
- DIABETES MANAGEMENT PART 1 & 2
- FUN 2B FIT
- LIFE BALANCE
- MIND & BODY
- PRE-SURGERY JOINT COUNSEL
- PREDIABETES MANAGEMENT
- STEPS TO HEALTHY WEIGHT LOSS
- WEIGHT MANAGEMENT SUPPORT GROUP

Thank you & we wish you the Best of Health,

Anti-Aging & Wellness Center (AAWC)

Doctors: Shivinder S. Deol MD & Dr. Eve Rockafellow ND

Staff: Ailed & Sophie (Receptionists), Connie & Pam (Nursing), Amy & Gaurav (Billing)

**If you have any concerns, contact us FIRST
IF YOU ARE HAPPY WITH OUR CARE, PLEASE GIVE US A 5-STAR *****
ON ALL FORMS, SURVEYS & SITES!**