***Welcome to Medicine in Motion (MIM)!***

***Here are some things about which you need to familiarize yourself (in no particular order):***

• As you might have heard, we are not a "normal" medical practice.  Familiarize yourself with our website: www.Medicine-in-Motion.com and come prepared!  That includes arriving with a joke at the ready!

• All must have a mask on to enter.  We have disposable freebies for folks who forgot there was a pandemic going on.

• Come dressed professional casual.  Remember that you’ll represent one of the “faces” of MIM to patients. Please avoid open-toed shoes, jeans, dangling or excessive jewelry.  Pull longer hair back.  When possible, cover piercings and tattoos. Scrubs are totally acceptable.

• We are a small, growing one physician practice.  There may be slow parts of the day or whole days that may be slow.  Come prepared with reading or work to do during the slow times, or you may have to learn a magic trick.

• We share space with two other physicians:

* Carlsbad Chiropractic.  **Dr. Desi Gamboa** (happy surfer dude) is the Chiropractor and his office staff is Samantha, the office manager, at the front desk.
* We also have **Dr. Richard Wolf** and his wife **Polly** (M.D. Endocrinology practice), who are older and sequestering until further notice.  We all get along well and keep it fun/professional.

• There are two massage therapists that use the massage room on a part-time basis.

• The Front desk can get busy and the waiting room full.  Try to keep your voice down so we don't have too much commotion.  Also, the massage room is the first office space on the right (upon entering) so we want to keep the noise level down for relaxation.  When Dr. Pearson escorts the patient to the front desk for check out, its best to stay back in Dr. Pearson's office to avoid congestion.

\*\*\*\* With physical distancing it is important to have your mask on traveling around the office. Remember that there are patients from the other doctors who can freak out if they see us without our masks on. Our hack:  we put ours on a lanyard around our necks so we know where the mask is!  Be clear to patients and staff where you are and where you want to go so people can make way in our tight office.  It's rather like a video game.  Just do the best you can.

• We have some patients who are not comfortable with the iPad check in.  If you are assisting the patient with check in, please take them to the middle/shared manipulation room for privacy.

• Most (if not all) of our patients are OK with your participation in their office visit. In the rare event that a patient requests a private session with the doctor, you are welcome to take a break outside or chill in the middle/shared manipulation room.  The front office has limited seating areas, but you are welcome to sit next to Dr. Gamboa, if it's open, or I have an extra stool tucked in at my desk for you.

• Sorry, the bottled water in the lobby is for patients and Dr. Gamboa's staff only.

• Please help the patient gather themselves up as they leave the office: coats, glasses, phones, water bottles.  Please assist with the exam room wipe down after each patient.

• There is a microwave and a toaster oven in the rolling table area.  Be mindful to cover your food so it doesn't splatter.  Be mindful to not cook any smelly foods.  We have no cleaning service, we vacuum and dust ourselves, so please be mindful of messes.

• EVERY "garbage" can is a recycle bin.  Please rinse out your beverage containers.  NO food containers go in the inside cans.  You can put them outside in the community trash can or take it home.  As in (what is left of our) national parks, pack it in pack it out.

• Our usual hours are:  M and Tues 9-5 with lunch from 12-1:30, W 12pm-5pm, Thursdays closed, Friday 9am-1pm.  \*If there are no patients scheduled for Wednesday PM we tend to wrap up for the day around 5 and walk over to the Farmer's Market.  Any other changes are posted on the website and mentioned in the office phone message.  If you are going to miss the day or be late, please let us know: Laurie 858-442-3920 or Jeff   760-445-6487

• We have plenty of parking.  However, please consider parking farther from the office so as to allow patients and adjacent store patrons to park close.

• We are actively involved in a cybersecurity project (MIM Technologies). Over the course of the past few years, health care providers, facilities, and hospitals have been hit by expensive ransomware attacks. [If you’re not familiar with these terms, check with Dr. Google.] We

have cybersecurity specialist, Nir, working with us to keep the office safe and secure from hacking. He may ask to check your phone and or computer just to ensure it is safe and not being actively hacked.  This is for the safety of our office only. You will learn A LOT about cybersecurity with us.

If you have any questions or concerns, please contact me and I'll help!  We look forward to seeing you!

Laurie