



MorningStar
Family Health Center

54 Old Highway 22 ★ Clinton, NJ 08809

(908) 735-9344 ★ *fax* (908) 735-7136

www.morningstarfhc.com

Welcome to MorningStar Family Health Center!

If you are looking for time to talk, express your concerns, and have your physician focused on you, then welcome to MorningStar Family Health Center! As a Direct Care Practice, our financial relationship is directly with you and this allows us the time necessary to get to know each other well and develop a strong doctor-patient relationship. At your initial consult or yearly visit, you can expect to have about an hour with your physician. Whether it is unraveling a complicated diagnosis or laying out a plan to help you feel better and stay well, MorningStar stands out from other physician practices because our appointment scheduling allows this time. We often look “outside of the box” to provide you with a comprehensive, holistic medical management plan that you can understand, and to help you manage your medical conditions as an active member of the medical team.

Our practice is comprised of two facets:

1. For patients who choose us to be their primary care provider, we will be your medical home base. We utilize state-of-the-art electronic health records and will coordinate your care with other physicians and agencies as needed.
2. For patients who see us in consultation, we provide real solutions for real women’s health problems using NaProTECHNOLOGY and bio-identical hormone therapy.

A family doctor does not concentrate on only one aspect of the patient’s medical care, but is concerned with the entire well-being of the patient. The program of family medicine includes training in internal medicine, pediatrics, obstetrics and gynecology, minor surgery and emergency medicine.

Our services include care of older children and adults for medical evaluation and treatment for acute and chronic illnesses and preventive medicine exams.

We provide women’s health care including Pap smears, physical exams, screening for cancers and osteoporosis, and medical treatment of gynecological disorders. As a Certified Fertility *Care*™ Medical Consultant trained at the Pope Paul VI Institute in Omaha, NE, the doctors utilize NaProTECHNOLOGY to address reproductive difficulties in a way that cooperates with the natural procreative system, is morally acceptable and medically sound. It is a restorative approach to reproductive medicine, and we feel a better way than destructive or suppressive therapies.

We invite you to ask questions regarding health concerns for you and your family.

Each life is precious and deserves to be treated with dignity and respect from conception to natural death. As your physician, the mandate to first do no harm and to provide treatment for the benefit of the sick is taken seriously. We do not prescribe or refer for abortion, contraception, sterilization, or in vitro fertilization. We will make every effort to honor the trust you have placed in us by providing quality medical care to you and your family.

What is a D.O.?

There are two types of complete physicians in the United States. One has an M.D. (Doctor of Medicine) degree and the other has a D.O. (Doctor of Osteopathic Medicine) degree. Whether one becomes a D.O. or M.D., the route of complete medical training is basically the same. The difference is that the Osteopathic Physician receives additional training in structural diagnosis and manipulative therapy. Osteopathic philosophy also places emphasis on consideration of the whole person in providing medical treatment.

About Our Office

On your initial visit to our office, please try to arrive 20 minutes early to complete the registration process.

The information that we request will help both of us. Having current address, e-mail and contact information helps us communicate promptly with you. All information that you supply will be kept in your medical file and will only be passed on to other medical facilities with your permission in accordance with HIPAA regulations.

Appointments

It is necessary that we work by appointment. Seeing you on time is our goal. We respect your needs just as we ask that you understand ours.

IF YOU ARE UNABLE TO KEEP AN APPOINTMENT, PLEASE NOTIFY OUR OFFICE AS SOON AS POSSIBLE. WE DO NOT DOUBLE BOOK BECAUSE WE HAVE RESERVED THAT TIME FOR YOU. THERE IS A FEE FOR LONGER APPOINTMENTS NOT CANCELLED WITHIN 24 HOURS.

Special problems do arise from time to time. If you are kept waiting beyond your appointment time it is either the result of an emergency and/or an unforeseen complication during an appointment preceding yours. We understand such delays may be upsetting, however, be assured that if you are ever in the same situation and require special attention, you too would get that same preferential treatment.

Telephone Calls

All calls coming into the office during office hours must be screened when the doctor is seeing patients. Our office staff is trained to answer many questions related to your concerns including lab work and x-ray reports. This is not intended to keep you from reaching the doctor, but to assure our patients that they will not be interrupted during treatment. If our staff can't handle your situation or answer your questions, the doctor will be informed and will address your call personally.

Routine messages can be left on voicemail for the secretary or nurse. However, in the event of an emergency after hours, the answering services can contact the doctor. Please **DO NOT** leave urgent calls on voicemail or the portal. For severe emergencies, please call 911.

Digital Communication/Email

Our website allows you to communicate directly with our office through our secure patient portal. This portal will be used to send you your test results. It can also be used to request a medication renewal or to ask a more routine question. Staff will respond to these questions within three business days. Sometimes this can help you to avoid an office visit or to clarify if a visit is necessary. It is not for urgent problems. Please contact the office or answering service for more urgent questions. For severe emergencies, please call 911.

Medications

When you come to the office for an initial appointment, please bring any medications or vitamins you are presently taking. Don't try to memorize them. Bring them in their original containers with the labels on. We want to know the effects of any prescribed medications or treatment. Based upon your report and additional examinations, we may alter your prescription and/or treatment.

Prescription Refills

All requests for prescription refills will be processed during regular office hours so that our staff may have the benefit of access to your medical records. You may request prescription refills through our portal. Please request refills at least seven business days before it runs out. Allow two weeks for mail order pharmacy refills. Please schedule an appointment if it has been more than six months since your last visit and you have no more refills. Also check to see if any laboratory testing should be done before that visit.

House Calls

With today's medicine, house calls are usually an inefficient method of providing care. In most instances, more effective care can be provided in our office. However, in special situations for homebound patients, we will arrange to make house calls. House calls are for routine care, not emergency care. Please contact our office to inquire whether a house call is appropriate.

Financial Policies

A practice can only serve the community satisfactorily if its financial policy is clearly stated. Our office participates in Medicare and we welcome new patients. We offer memberships for an affordable monthly fee that covers comprehensive primary care for a nominal office visit charge. Please see our website for details. We also offer a transparent fee schedule to "pay as you go" if preferred. For office services, payment is expected at the time of service. We accept cash, checks and credit cards for your convenience. Paying your balance is your responsibility.

We believe our fees are reasonable and in keeping with our level of expertise. If you have any questions about our fees, please feel free to discuss them with our office manager.

A Final Note

Questions will arise from time to time. Please do not hesitate to ask if something is not clear to you. We believe that good medical care is based on good communication between doctor and patient. When a consultation is needed, we will coordinate your care and maintain communication between all members of your treatment team.



About Dr. Golden-Tevald

I grew up in Lincoln Park, New Jersey, the oldest of nine children. I graduated from Barnard College, Columbia University, in New York City with a B.A. in Biology. I received my medical degree from the Philadelphia College of Osteopathic Medicine and completed my internship and residency at Union Hospital in Union, New Jersey. I am board certified in Family Practice by the American Osteopathic Board of Family Practice. I am certified as a Fertility Care Medical Consultant by the American Academy of Fertility *Care* Professionals. I am a member of the Department of Family Practice at Hunterdon Medical Center in Flemington, New Jersey. My husband, Bill, is the owner of a commercial general contracting firm and we have been blessed with seven beautiful children.

Emergency Phone Numbers

Main Office Number (908) 735-9344
Hunterdon Medical Center (908) 788-6100
NJ Poison Control Center (24 hours). (800) 962-1253
Emergency Services in Hunterdon County **911**

Directions

The actual office address does not work for GPS! If you want to use a GPS, set the coordinates to 55 Leigh Street, Clinton, NJ 08809. As you near the light at the intersection of Old Rte. 22/Rte. 173 and Leigh Street, do not turn onto Leigh Street (small car repair shop at the corner). Our office is about 0.3 miles to the east of this location on Old Rte. 22/Rte. 173.

We are located in the Unity Concourse II building on Old Highway 22 (also known as Rte. 173/Rte. 513) in Clinton. **We are almost directly across from the A&P.** Adjacent buildings include the Bank of America and Unity Bank.

From I-78 Westbound: Take exit 17 (Rte. 31) exit only lane. You will come out onto Rte 31 North. Take the first exit (Rte. 31 South Clinton/Flemington) bearing right off the exit and immediately go over the highway to the light (Shammy Shine car wash on your left). Go straight through the light. Stay to your **right** into town. The office is 0.3 miles on your left, just after Unity Bank.

OR take exit 15 (Clinton/Pittstown) and follow the directions below from I-78 Eastbound.

From I-78 Eastbound: Take exit 15 (Clinton/Pittstown). Bear **right** at the end of the ramp on Rte. 173 East (Old Highway 22/Rte. 513) into Clinton. Merge with traffic, go under a bridge (I-78), and continue through two lights (about one mile). Go through the second light (Leigh Street), go an additional 0.3 miles. Our office is on the right just after Bank of America, almost across from the A&P.

From Rte. 31 Northbound (South of I-78): Take Rte. 31 North and go over I-78. Within 0.3 mile, you'll see an overhead bridge. Take the first exit (marked Rt. 31 South Clinton/Flemington) bearing right off the exit and immediately go over the highway to the light (Shammy Shine car wash on your left). Go straight through the light. Stay to your **right** into town. The office is 0.3 miles on your left, just after Unity Bank.

From Rte. 31 Southbound (North of I-78): Take Rte. 31 South. Go straight through the light at Halstead Street (Exxon on the right). Continue until you pass under an overpass that has a sign for Rte. 78/Rte. 22/Phillipsburg. Make a **right** onto Center Street just after the McDonald's. (There will be a sign at this street for 78/22/Phillipsburg and a Country Griddle Diner.) You will pass the McDonald's again as you approach a light. At the light (Rte. 173), make a left. Stay to your **right** into town. The office is 0.3 miles on your left, just after Unity Bank.

FROM FURTHER AWAY:

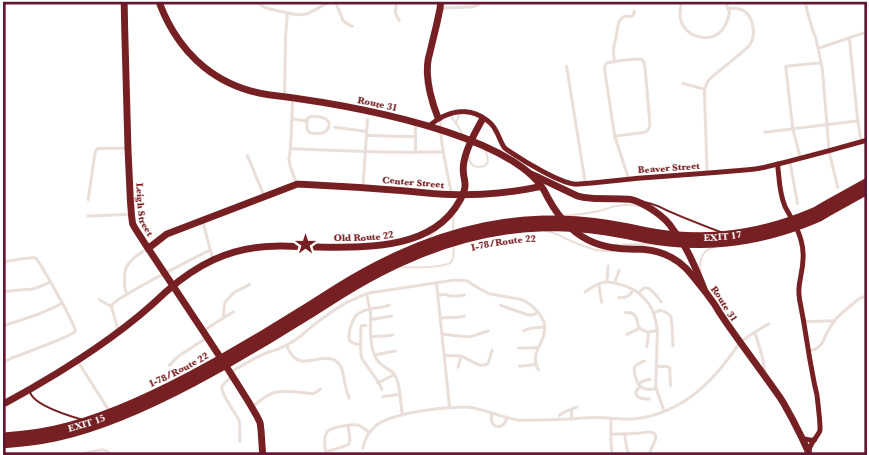
From South Jersey: Garden State Parkway to Rte. 287 North to Rte. 78 West **OR** Rte. 295 to Rte. 31 North.

From North Jersey: Rte. 287 South to Rte. 78 West **OR** Garden State Parkway or NJ Turnpike to Rte. 78 West.

From Philadelphia: Northeast Extension of PA Turnpike (Rte. 476) North to Rte. 78 East **OR** Rte. 95 North into New Jersey and then Rte. 31 North **OR** Rte. 202 North which turns into Rte. 31 and stay on Rte. 31 North of Flemington.

Regular parking and entrance are in the rear of the building. Handicapped parking and entrance are in the front.


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