

WESTSIDE MEDICAL CLINIC

Instruction List

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| New Patient | Please make sure you bring your insurance card to the billing office prior to your visit. |
| Physical Exam | Your next visit requires a complete physical. |
| Stress Test | Your next visit involves mild to moderate physical activity. Please wear comfortable clothing and shoes. Refrain from eating 4 hours before your visit, except for liquids. |

Figure 9-10 Instruction List