

EDUCATION

Dr. Atwood obtained his undergraduate degree in Psychology from Duke University.

Dr. Atwood received his medical degree from Eastern Virginia Medical School in Norfolk Virginia in 1987. He completed his residency in Family Medicine from the Eastern Virginia Graduate School of Medicine in 1990.

MEDICAL CAREER

Dr. Atwood opened Atwood Family Medical Center in 1990. His focus for himself and the practice is for his patients to improve their quality of life and to decrease overall healthcare costs.

He has worked as an Associate Professor, in the Department of Community and Family Medicine at the Eastern Virginia Medical School from 2004-Present.

Dr. Atwood was also an Adjunct Professor at the School of Nursing, College of Health Sciences at Old Dominion University from 2008-2011.

He Presented at the Society of Teachers of Family Medicare Conference. "A New Triangle: Family Therapy and Family Medicine Meet Multiple Personality Disorder".

AWARDS & ACHIEVEMENTS

Board Certification: American Board of Family Practice in 1997, re-certified in 2004

Dr. Atwood received the Lloyd Damsey Award of Outstanding Resident in Family Medicine in 1990.

Dr. Atwood was recognized as one of Hampton Roads' "Top Docs" in 2012 and 2013.

1 COMPREHENSIVE PHYSICAL
1 CUSTOMIZED WELLNESS PLAN
365 DAYS OF HEALTH

YEARLY COMPREHENSIVE PHYSICAL

The cornerstone of care is the comprehensive yearly physical. Your exam will take approximately ninety minutes and will include comprehensive lab work and screenings.

After the physical, we will meet and discuss the results of your examination and tests, identify areas on which we need to focus, and craft an annual wellness plan customized just for you. We will work together throughout the year to ensure that you are implementing your plan. If you are not realizing the results you desire, we will adjust your plan.

While we will bill your insurance for the physical, you will not be required to pay any additional out-of-pocket fees above your standard co-payment and deductible. Lab tests, ultrasounds and x-rays may be charged separately.

To get started, please choose one of the following:

1. Visit our office at the address listed below
2. Call (866) 883-8859 ext 329
3. Visit us at www.signatureMD.com/atwood



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The national healthcare debate has created widespread awareness of the US Healthcare Crisis. Primary care medicine is no longer based on the one-on-one relationship between physician and patient, but has evolved into an impersonal system in which patients are seen by anonymous medical providers in seven-minute visits at large clinics. In this new healthcare setting, your provider is most likely not a doctor, doesn't know your history, doesn't know you, and never will.

By limiting his panel of patients to 300, Dr. Atwood will be able to partner with you to optimize your health.

This partnership will enable increased patient-doctor interaction, patient education, preventive care, and follow up.

Dr. Atwood understands that taking an active role in the health of his patients can enable him to detect early signs of serious illness; increase life expectancy, quality of health, and overall patient satisfaction; and decrease the need for prescription drugs.

- Focus on Preventive Health
- Availability 24 Hours a Day, 7 Days a Week
- Same (or) Next Day Appointments
- Prompt and Longer Appointments
- A Comprehensive Physical Consultation
- Custom Tailored Wellness Plan

Patients under personalized care programs experience 65% fewer hospitalizations than like age counterparts.



IT'S ALL ABOUT YOUR HEALTH

Thoughtful patients are therefore taking a serious interest in taking charge of their own health by changing their focus from visiting the doctor only when they are ill, to working with their doctor to stay healthy.

Dr. Atwood is committed to providing each and every one of his patients with the finest in preventive care, state-of-the-art diagnostics & treatments, and appointments that are prompt and last as long as necessary.

Longer visits enable Dr. Atwood to provide comprehensive whole-person care, rather than the more typical treatment of one issue per visit.

IS IT WORTH THE COST?

Only you can answer this question. Dr. Atwood will dedicate himself to helping you avoid such deadly conditions as: obesity, diabetes, high blood pressure, high cholesterol, and heart disease. Dr. Atwood's goal is to not only add years to your life, but quality to those years.

Consider this: The cost of preventive care is approximately \$5.00 a day.* The lifetime cost of a stroke is approximately \$140,000.

* Approximation based on typical "Annual Membership Fee"

Did you know? 60% of early deaths are a result of behaviors and/or chronic conditions that are preventable.

Dr. Atwood will work with you to identify any underlying factors in your lifestyle that may lead to a chronic condition; He will develop a customized wellness program that may reduce symptoms, improve your quality of life, and help avert diseases such as stroke, diabetes and heart disease.

Isn't it time you made the most important investment of your life, the investment in your health?