

## EDUCATION

Dr. Johnson earned a Bachelor of Arts degree in Chemistry from Austin College in Sherman, TX. He then attended Columbia University in New York City earning his doctoral degree in Biochemistry. After performing postdoctoral research in virology at the Albert Einstein College of Medicine, Dr. Johnson attended the University of Texas Medical School in Houston and was graduated in 1978.

## MEDICAL CAREER

Dr. Johnson's medical internship was in the U.S. Navy at the Portsmouth Regional Medical Center, Portsmouth, Virginia. After a year at sea as a general medical officer on the USS Mississippi, CGN 40, he completed his training as a resident in Internal Medicine and was honorably discharged from the Navy as a Commander.

After serving in the U.S. Navy, Dr. Johnson entered private practice, first in Norfolk, Virginia then in Houston Texas at the Diagnostic Clinic of Houston, and since 2006 in Kerrville, Texas.

Dr. Johnson is board certified in Internal Medicine by the American College of Physicians (ACP), and subsequently earned fellowship status in the American College of Physicians. In 1990 he studied Geriatric Medicine and earned Added Qualifications in Geriatrics from the ACP. In 2001 and again in 2010, the American Society of Hypertension certified him as a Clinical Specialist in Hypertension. He currently serves as Chief of Medicine at Peterson Regional Medical Center where he practices as a consulting physician.

## AWARDS & ACHIEVEMENTS

Dr. Johnson has enjoyed photography through out his life. His pictures of birds, flowers, and landscapes decorate the walls of his office and home.

Dr. Johnson is an active member of the Kerrville Rotary Club and the First Presbyterian Church in Kerrville.

### 001 Executive-Style Physical 001 Customized Wellness Plan 365 Days of Healthier Living

The cornerstone of care is the **Executive-Style Physical**, which includes advanced 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 a 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 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 our office at (830) 257-5500
3. Visit [www.signatureMD.com/richard.johnson](http://www.signatureMD.com/richard.johnson) for more info

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**Richard B. Johnson Jr., M.D.**

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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 devolved 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.

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

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***Recent studies have indicated that personalized care patients experience significantly fewer hospitalizations than like age counterparts.***

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Dr. Johnson 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 start on time and last as long as necessary.

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

By limiting his panel of patients to 300, Dr. Johnson 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. Johnson 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.

## IS IT WORTH THE COST?

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### **Only you can answer this question.**

Dr. Johnson will dedicate himself to helping you avoid such deadly conditions as: obesity, diabetes, high blood pressure, high cholesterol, and heart disease. Dr. Johnson'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 a day.\* The lifetime cost of a stroke is approximately \$140,000.

\* Approximation based on typical "Annual Membership Fee"

## EXPECT MORE FROM PERSONALIZED CARE

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*As a member of Dr. Johnson's Personalized Care Program you can expect the following:*

- ✓ Focus on Preventive Health
- ✓ Availability 24 Hours a Day, 7 Days a Week
- ✓ Same Day or Next Business Day Appointments
- ✓ On Time and Longer Appointments
- ✓ Custom Tailored Wellness Plan

## IT'S ALL ABOUT YOUR HEALTH

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

Dr. Johnson 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?

