

## EDUCATION

Dr. Lemire received his undergraduate degree from the University of Massachusetts, Amherst, Massachusetts, and his medical degree from Tulane University School of Medicine in New Orleans, Louisiana. He completed his residency in Family Practice at St. Mary's Hospital in Grand Rapids Michigan.

## MEDICAL CAREER

Dr. Lemire has been practicing medicine since 1976, and has been in practice in the Ocala area since 1998.

Dr. Lemire is Board Certified in Family Medicine and is also a certified practitioner by the institute of Functional Medicine. In addition, he is a certified American College of Sports Medicine, Team Physician, and holds certifications from the American College for Advancement of Medicine, and the International Oxidative Medicine Association.

Dr. Lemire is a member of the American Academy of Family Practice, the American College for Advancement of Medicine, and the International Oxidative Medical Association.

## AWARDS & ACHIEVEMENTS

Dr. Lemire is the Founder and Medical Director of the Connections Community Clinic for the Homeless and Indigent, and has served on the Medical Board of Advisors for Xymogen Nutraceuticals. He authored, "Ultimate Guide for Natural Health in the 21st Century," and "Learn How the Top 20 Doctors of America Can Improve Your Health."

**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 (352) 291-9459
3. Visit [www.signatureMD.com/lemire](http://www.signatureMD.com/lemire) for more info

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Live Healthier | Live Longer | Live Better™



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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.

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

Dr. Lemire 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. Lemire 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. Lemire 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. Lemire 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?

#### Only you can answer this question.

Dr. Lemire will dedicate himself to helping you avoid such deadly conditions as: obesity, diabetes, high blood pressure, high cholesterol, and heart disease. Dr. Lemire'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

*As a member of Dr. Lemire'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

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

Dr. Lemire 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?

