

## EDUCATION

Dr. Meshulam attended Rutgers University for his undergraduate degree, graduating in 1982. He went on to attend medical school at New York Medical College in Valhalla, New York, graduating with his MD degree in June 1986.

He completed his residency at North Shore University Hospital and Memorial Sloan Kettering Cancer Center.

## MEDICAL CAREER

Dr. Meshulam has been a solo practitioner since 1993 after spending time as an employed physician. He thoroughly enjoys being his own boss and the freedom it gives him.

He is the medical director of Mercy's Transitional Care Unit, and has served in that capacity since it opened more than 10 years ago.

Dr. Meshulam is active as a Health Coach with the Take Shape for Life program, and has been so for 2.5 years. The program focuses on achieving optimal health as well as a long and healthy life through personal coaching in the habits of health, as well as a method for reaching one's healthy weight.

## AWARDS & ACHIEVEMENTS

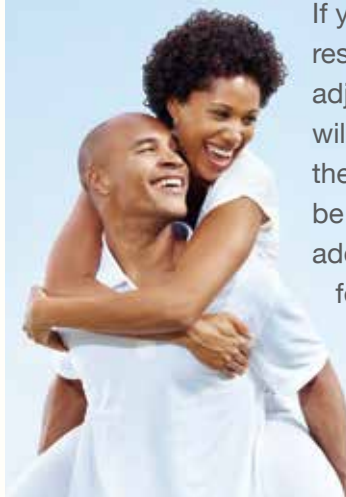
Dr. Meshulam is married to Jenny who helps him to stay focused on the important things in life. He is extremely proud of his children Avi and Hannah who keep him humble.

In his free time, Dr. Meshulam loves to watch sports. He's also an avid runner and likes to exercise. He is a fan of many types of music and especially enjoys listening to live music.

## A Partnership for Proactive Care

We will work together, in partnership, to optimize your well being. The first step in this process is the development of a customized wellness plan based on your annual physical exam and detailed health history.

After the physical and health history, 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 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 (410) 659-7041
3. For more info visit [www.signatureMD.com/meshulam](http://www.signatureMD.com/meshulam)



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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 eleven 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.

Dr. Meshulam is committed to each and every one of his program members. He will provide each member with his undivided attention in an unhurried and thoughtful manner. Appointments will be easy to book, start on time and will last as long as needed.

Unhurried visits enable Dr. Meshulam to provide whole-person care, rather than the typical practice of addressing only one issue per visit.

By limiting his panel to 300 members, Dr. Meshulam will be able to partner with you to optimize your well-being.



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

By taking an active role in their healthcare, people may detect early signs of serious illness and improve overall well-being.

**As one of a few hundred, rather than one of a few thousand patients, members enjoy more time with and enhanced availability and service from their *Personalized* physician.**

### IS IT WORTH THE COST?

**Membership fees cost approximately \$5 per day\***

The peace of mind of knowing that your trusted physician, Dr. Meshulam, is just a phone call away and that he will have the time to care for you to the utmost of his abilities is priceless.

\*Approximation based on typical "Annual Membership Fee"

***Ask yourself, are you worth it?***

## EXPECT MORE FROM PERSONALIZED CARE

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

- A custom tailored wellness plan
- Dr. Meshulam's undivided attention
- Same or next business day appointments
- On time appointments that are unhurried
- 24/7 availability via phone or email
- Office visits for visiting friends and family
- Digestive health, supplement and dietary counseling

***Isn't it time for you to invest in you?***

