

EDUCATION

Dr. Sebring obtained his M.D. from the University of Texas Medical Branch at Galveston; the oldest medical school west of the Mississippi.

He then completed his family medicine residency at the University of Texas Health Science Center in Tyler Texas.

MEDICAL CAREER

Dr. Sebring set up private practice as an independent physician at the Sebring Clinic in 1996.

Regularly attends conferences hosted by the American Academy of Anti-Aging Medicine, which boasts 25,000 members from 71 different countries.

Dr. Sebring served as a board examiner for the American Academy of Anti-Aging Medicine.

Dr. Sebring endeavors to eliminate or reduce patients' prescription drugs teaching them to use natural methods that respect their body's original design.

ACHIEVEMENTS

Dr. Sebring has become a recognized expert in Alternative and Anti-Aging Medicine and has been called the first physician to base his practice around the Paleo Diet now recognized as the diet humans are designed to eat.

www.signatureMD.com/sebring

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 fee above your standard co-payment and deductible. Lab tests and x-rays may be charged separately.

TO GET STARTED

CHOOSE ONE OF THE FOLLOWING

1. Call (512) 847-5618
2. Visit: www.signatureMD.com/sebring

PATIENTS WHO CHOOSE NOT TO JOIN

If you choose not to join the program, you will no longer be able to see me as your personal physician, but no need to worry. We will make arrangements to ensure that you continue to receive high quality healthcare, from a qualified provider, with no interruption who will work under my supervision and practice as I do.



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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.

By limiting his panel of patients to 600, Dr. Sebring 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. Sebring 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
- On Time and Longer Appointments
- A Comprehensive Physical Consultation
- Custom Tailored Wellness Plan

IT'S ALL ABOUT YOUR HEALTH

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



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. Sebring 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. Sebring 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. Sebring will dedicate himself to helping you avoid such deadly conditions as: obesity, diabetes, high blood pressure, high cholesterol, and heart disease. Dr. Sebring'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 \$167 a month. The lifetime cost of a stroke is approximately \$140,000.

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

Dr. Sebring 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?