

EDUCATION

Dr. Williams received his medical degree from the Virginia Commonwealth University, Richmond, Virginia in 1998.

He completed his residency at Georgetown University, Washington D.C., where he served as the chief resident in his final year.

Dr. Williams will complete his MBA in Health-care Management from Johns Hopkins Carey School of Business in 2016.

MEDICAL CAREER

Dr. Williams opened his private practice, Total Primary Care, P.C., in 2014.

Dr. Williams practiced family medicine at Johns Hopkins Community Physicians (JHCP) Sibley Memorial Hospital. He is also the site's office medical director.

He has been board-certified in family medicine since 2001.

Dr. Williams is originally from Annandale, Va. and attended the University of Virginia for undergraduate studies. Prior to joining JHCP, he worked in private practice with his father for 10 years. Dr. Williams lives in N.W. Washington, D.C. with his wife and 4 children.

AWARDS & ACHIEVEMENTS

In 2014, Washingtonian magazine recognized Dr. Williams as one of the area's "Top Doctors."

- 001** Comprehensive Physical
- 001** Customized Wellness Plan
- 365** Days of Healthy Living

The cornerstone of care is the *Comprehensive Yearly Physical*, which includes 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 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 (202) 244-9300
3. Visit us online at www.signatureMD.com/jwilliams



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 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.

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

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

By limiting his panel of patients to 600, Dr. Williams 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. Williams 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. Williams will dedicate himself to helping you avoid such deadly conditions as: obesity, diabetes, high blood pressure, high cholesterol, and heart disease. Dr. Williams' 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. Williams' *Personalized Care Program* you can expect the following:

- ✓ 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

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

Dr. Williams 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?

