

Jeffrey S. Garbis, M.D. Jeffrey Bernstein, M.D. Marvin E. Lawrence, II, M.D. Priti Bijpuria, M.D. Richard M. Chasen, M.D. Theodore Y. Kim, M.D. Sean M. Karp, M.D. Eileen Erskine, C.R.N.P.

Dear New Patient:

Welcome and thank you for trusting Capital Digestive Care, LLC with your care.

The enclosed packet contains our new patient registration forms. You will need to complete all registration forms and bring the completed forms with you to your visit along with the list of items below.

We now offer an interactive online patient portal (**gPortal**) that gives you access to update your personal information, view certain test results and communicate with your physician or physician's office. If you've already supplied us with your email, you may have received an invitation to our patient portal. If you haven't already done so, we urge you to share your email address with us so we can send you an invitation.

BE SURE TO REVIEW BOTH FRONT AND BACK OF PACKET

It is very important to bring the following items to your first visit:

- ✓ The completed Patient Information Forms, Patient History Forms & Signed Notice of Privacy Practices enclosed in this packet
- ✓ Insurance Card/s
- ✓ Picture Identification (such as a driver's license)
- ✓ Any recent Laboratory (blood work) results related to your visit with us
- ✓ Any recent Radiology results related to your visit with us. (This might include Upper GI Testing, Barium Enema, CT Scan, or Ultrasound results.)
- ✓ A list of your current medications with the doses and the frequency taken
- ✓ For HMO patients requiring a referral, a referral from your Primary Care Physician
- ✓ Co-payment if applicable

If you are being referred to us for an abnormal laboratory/radiology result, it is imperative that we have a copy of these results so that we can complete your consultation without having to repeat testing.

FAILURE TO BRING THE REQUIRED DOCUMENTS MAY RESULT IN YOUR APPOINTMENT BEING RESCHEDULED.

Please note there is a \$50 fee for appointments not cancelled within 48 hours.

Thank you for allowing us to participate in your medical care. We look forward to seeing you soon. 03/09/16 gg



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Date:

PATIENT INFORMATION FORM

Patient Information:	
Patient Name:	Patient Date of Birth:
Patient Address:	City, State, Zip:
Home Phone:	Work Phone:
Cell Phone:	Sex: M F
Height:	Weight:
Age:	Marital Status: Single Married Other
Social Security #:	Email Address:
Patient Employer:	Occupation:
Spouse's Information:	
Spouse's Name:	Spouse's Date of Birth:
Spouse's Social Security #:	Spouse's Employer:
Spouse's Work Phone:	Spouse's Cell Phone:
Emergency Contact Information:	
Emergency Contact Name and Number:	
Physician Information:	
Primary Care Physician:	Referring Physician:

Laurel, MD

7350 Van Dusen Rd Suite 210 & 230 Laurel, MD 20707 301-498-5500 Office 301-498-7346 Fax

Columbia, MD

5500 Knoll North Dr. Suite 460 Columbia, MD 21045 410-730-9363 Office 410-730-2084 Fax

Takoma Park, MD

7610 Carroll Ave Suite 250 Takoma Park, MD 20912 301-270-3640 Office 301-270-3645 Fax

Primary Insurance:	
Insurance Co. Name:	Phone #:
Address:	City, State, Zip:
Name of Policy Holder:	Social Security #:
Relationship to patient:	Date of Birth:
Insurance ID#:	Insurance Group:
Secondary Insurance:	
Insurance Co. Name:	Phone#:
Address:	City, State, Zip:
Name of Policy Holder:	Social Security #:
Relationship to Patient:	Date of Birth:
Insurance ID#:	Insurance Group:
TO BE 0	COMPLETED IF PATIENT IS A MINOR
Responsible Party:	Phone #:
Address:	City, State, Zip:
Employer:	Work Phone:
Your privacy is important to us and we will not shall legal and debt collection purposes. Listed below an information we collect at the time of registration (femail address, home or mobile telephone number. • Patient Portal Access: If you choose to creafter your appointment, view certain test. • Practice Announcements: These may inclinations. • Customer Service Improvements: We are to improve appointment scheduling, appoarvailable, you may receive a notification of Digestive Health Information: This may include ducational seminars on specific digestive. • Collection Activity: If your account become	eate an account, you will be able to update your personal information before or results and send messages to your doctor and/or doctor's office. ude new physician or provider announcements or provider retirement/relocation e always evaluating applications to improve our service to you, including solutions bintment reminders and procedure preparation. As the applications become
200, Silver Spring, MD 20904.	to Capital Digestive Care, ATTN: Billing Manager, 12510 Prosperity Drive, Suite
Patient Name (please print)	(revised 03-10-16 gg)
Patient Signature	Date:



Name:	Date of Birth:				
The following informatio out this important inform • Reason for visit	ation. We	e are counting on	you!	ake time to	fully and completely fill
Race	0	Black or African	o Asian		o Hispania or Latino
 White/Caucasian 		American	o Asian		 Hispanic or Latino
o American Indian or Alaska Native	0	Native Hawaiian or Other Pacific O Mixed Islander			o Other
o Unknown	0	Patient Declines to pr	rovide information		
Ethnicity		COL A			
Hispanic or Latino		o Not Hispan	nic or Latino		Patient Declines to provide information
<u>Gender</u>					
o Male		o Female		0	Other
Preferred Language					
o English		o Spanish		o Othe	
Contact Preference					
o Letter	o Othe	er			
What pharmacy do you Pharmacy:			ions that are prescrib	ed?	
Allergies					
 Patient has no known allergies 		ent has no known G allergies	o Adhesive tape		o Codeine Sulfate
o Erythromycin	o Later	X	o IV Contrast		o Penicillins
o Sulfa	o Shell	lfish	o Other		o Other

lame:	Date of Birth:						
Current Medications (inch	ude any Over	-the-count	er medications and any su	ıpplemen	its you are currently	y taking)	
ame			Dose		How taken		
	t (*155,4						
					LANCE SELECT		
	-						
	77.60		17 - 1 16 1				
nmunizations							
o None			Flu vaccine en:		HepatitisWhen:		
o Hepatitis B			o Pneumovax		o TB Skin test		
When:			en:		When:		
iagnostic Studies			Colonoscomy		- Endana	/ECD	
o None			Colonoscopy en:	o Endoscopy/EGD When:			
			MRI of Abdomen/Pelvis		o ERCP		
When:		WIR	en:		When:		
revious Procedures/Surge	ries						
o None	o Gall	bladder oved	o Appendectomy	0	Colon resection	 Small Bowel resection 	
o Exploratory Abdominal	o Gast	ric	o Lap Band	0	Hemorrhoid	 Hemorrhoid 	
Surgery	Bypa Surg		Surgery		Surgery	Banding	
o Abdominoplasty	o Hyst	erectomy	o Tubal Ligation	0	Mastectomy	o Pacemaker Placement	
o Defibrillator		onary	o Abdominal	0	Heart Valve	o Cardiac	
Placement		ry Bypass bhing BG)	Aortic Aneurysm (AAA) Repair		Replacement /Surgery	Catherization /Stent	
o Joint		(Surgery	Other		Other		
Replacement					410		

			Date	of Birth:			
ast or Pre	sent Medical History						
o Ga	stroenterology/Hepate	ology					
	 Colon polyps 	0	Colon cancer	o Irritabl Syndro	e Bowel me	0	Diverticulitis
	o Crohn's Disease	0	Ulcerative Colitis	o GERD /Reflux		0	Barrett's Esophagus
	o Ulcer Disease	0	Hepatitis B	o Hepatii	tis C	0	Fatty Liver Disease
	o Cirrhosis/Liver	r o	Celiac Disease	o Bowel Obstruc	ction	0	Pancreatitis
	o Anemia in the	past	Other	o Other		0	Other
	High Blood ProStroke	essure	Fibrillation TIA (mini stroke)	VascularOther	Disease		High Cholesterol
L	o Stroke		stroke)	o Other			
o Pu	lmonary	200					
o Pu	o C.O.P.D.	·a)	Asthma Blood Clos	ts (lung)	0	Sleep Ap	nea
	C.O.P.D.Blood Clots (le		Asthma Blood Closs	ts (lung)	0	Sleep Ap	nea
	C.O.P.D.Blood Clots (let		2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	o Bipolar I		Sleep Ap	Body Piercings
	C.O.P.D.Blood Clots (le	der o Ar	o Blood Clo		Disorder		Body
	C.O.P.D. Blood Clots (let) her Anxiety Disord	der o Ar	o Blood Clo	o Bipolar l	Disorder	0	Body Piercings
	C.O.P.D. Blood Clots (le her Anxiety Disord Breast Cancer	der o Ar	Blood Clos thritis urrent Pregnancy	Bipolar IDepressi	Disorder	0	Body Piercings Diabetes
	C.O.P.D. Blood Clots (le Anxiety Disord Breast Cancer Fibromyalgia	der o Ar o Cu o Go m o Ki	o Blood Clo	Bipolar IDepressiHIV Exp	Disorder on posure Stones	0 0	Body Piercings Diabetes

e:Date of Birth:						
d History						
o Single	o Marri	ried o Divorced		o Se	eparated	
o Widowed o Civil		Union o Unknown		n 0		Other
I drink alcohol: NoneLess than 7 per weekMore than 7 per week	I drink caffeine: (coffee, tea, cola, or other caffeinated drinks)NoneOccasionallyDaily	Former smokerNever smokerSmoker, Cur	rettes Cigars co Only some days ker	My drug use: None IV or in drugs currentl IV or in drugs in the particular.	ter-nasal y ter-nasal	I exercise:NoneI exercise routinely
Celiac Spr Liver Dise		o Color	n polyps ach Cancer	0	Gallbladde Colon Can	2.3483.363.
			mmatory Bowel Dise			
o Crohn's D						
o Crohn's D	Colitis			13-1		
o Ulcerative	family has a history					Coundfel
Ulcerative Someone in my		of: (please check		rother	Grandmother	Grandfath
Ulcerative Someone in my Colon Cancer	family has a history			rother	Grandmother	Grandfath
Ulcerative Someone in my	family has a history			rother	Grandmother	Grandfath
Ulcerative Someone in my Colon Cancer	family has a history			rother	Grandmother	Grandfath
O Ulcerative Someone in my Colon Cancer Colon Polyps	family has a history			rother	Grandmother	Grandfath
O Ulcerative Someone in my Colon Cancer Colon Polyps Crohn's Disease	family has a history			rother	Grandmother	Grandfath

Stomach Cancer

Date of Birth:	
	Date of Birth:

Review of Systems....What are your current symptoms today? (check all that apply):

Allergic/Immunologic	-	Gastrointestinal	
allergic reactions	8	abdominal pain	0
current infections	0	abdominal swelling	Ō
Cardiovascular		change in bowel habits	000000000000000000000000000000000000000
		constipation	Õ
chest pain	Q	diarrhea	O
irregular heart beat	O	gas	O
rapid heart rate/palpitations	0000	heartburn	0
ankle swelling	0	nausea	0
		rectal bleeding	0
Constitutional		stomach cramps	0
fever	0	vomiting	Ō
loss of appetite	000	difficulty swallowing	Ö
weight loss	O	yellowing of skin	Ö
ENMT		Genitourinary	
nose bleeds	0	blood in urine	0
loss of vision	Ö	recent darkening of urine	Ö
hoarseness	Ö		,0
mouth sores	0000	Hematologic/Lymphatic	
		easy bruising	0
Endocrine		anemia	0
excessive thirst	8		_
heat or cold intolerance	Ō	Integumentary	
		itching	0
		rashes	Õ
		rashes/hives	റ്

Musculoskeletal	
back pain	0
joint pain/arthritis	0
Neurological	
dizziness	0
fainting	0
frequent headaches	0
vertigo	0
memory loss/confusion	0
Psychiatric	
depression	0
anxiety/panic attacks	O
Respiratory	
wheezing	0
frequent cough	0
shortness of breath when at rest	O



NOTICE OF PRIVACY PRACTICES

This Notice describes how medical information about you may be used and disclosed and how you may obtain access to this information. Please review it carefully. You have the right to obtain a paper copy of this Notice up on request

Patient Health Information

Under federal law, your patient health information is protected and confidential. Patient health information includes information about your symptoms, test results, diagnosis, treatment, and related medical information. Your health information also includes payment, billing, and insurance information.

How We Use Your Patient Health Information

We use health information about you for treatment, to obtain payment, and for health care operations. including administrative purposes and evaluation of the quality of care that you receive. Under some circumstances, we may be required to use or disclose the information even without your permission.

Example of Treatment, Payment and Health Care Operations

Treatment: We will use and disclose your health information to provide you with medical treatment or services. For example, nurses, physicians and other members of your treatment team will record and use it to determine the most appropriate course of care. We may also disclose the information to other health care providers who are participating in your treatment, to pharmacists who are filling your prescriptions, and to authorized family members who are helping with your care.

Payment: We will use and disclose your health information for payment purposes. For example, we may need to obtain authorization from your insurance company before providing certain types of treatment. We will submit bills and maintain records of payment from your health plan.

Health Care Operations: We will use and disclose your health information to conduct our standard internal operations, including proper administration of records, evaluation of the quality of treatment and to assess the care and outcomes of your case and others like it.

Special Uses

We may use your information to contact you with appointment reminders. We may also contact you to provide information about treatment alternatives or other health-related benefits and services that may be of interest to you. We may contact you for fundraising purposes, but you have the right to opt out of receiving such communications.

Other Uses and Disclosures

We may use or disclose identifiable healthi nformation about you for other reasons, even without your consent. Subject to certain requirements, we are permitted to give out health information without your permission for the following purposes:

Required by Law: We may be required to report gunshot wounds, suspected abuse or neglect, or similar injuries and events.

Research: We may use or disclose information for approved medical research.

Public Health Activities: As required by law, we may disclose vital statistics, diseases, information related to r ecalls of dangerous products, and similar information to public health authorities.

Health oversight: We may be required to disclose information to assist in investigations and audits, eligibility for government programs, and similar activities.

Judicial and administrative proceedings: We may disclose information in response to an appropriate subpoena or court order.

Law enforcement purposes: Subject to certain restrictions, we may disclose information required by law enforcement officials

Deaths: We may report information regarding deaths to coroners, medical examiners, funeral directors, and organ donation agencies.

Serious threat to health or safety: We may use and disclose information when necessary to prevent a serious threat to your health and safety or the health and safety of the public or another person.

Military and Special Government Functions: If you are a member of the armed forces, we may release information as required by military command authorities. We may also disclose information to correctional institutions or for national security

Workers Compensation: We may release information about you for workers compensation or similar programs providing benefits for work-related injuries or illness.

Business Associates: We may disclose your health information to business associates or third parties that we have contracted with to perform agreed upon

We do not engage in selling your health information, however if we do, we will obtain your written authorization before we are permitted to sell your health information. In all other situations, including marketing activities, we will ask for your written authorization before using or disclosing any identifiable health information about you. If you choose to sign an authorization to disclose information, you can later revoke that authorization to stop any future uses and disclosures.

Individual Rights

You have the following rights with regard to your health information. Please contact the person listed below to obtain the appropriate form for exercising these rights.

Request Restrictions: You may request restrictions on certain uses and disclosures of your health information. You have the right to restrict disclosures of your health information to your health plan for payment and health care operations purposes (and not for treatment) if the disclosure pertains to a health care item or service for which you paid out-of-pocket in full. If requesting a restriction for a health care item or service for which you paid out-of-pocket in full, we will honor your request, unless the disclosure is necessary for your treatment or is required by law. For all other restriction requests, we are not required to agree to such restrictions, but, if we do agree, we must abide by those restrictions.

Confidential Communication: You may ask us to communicate with you confidentially by for example, sending notices to a special address or not using post-cards to remind you of appointments.

Inspect and Obtain Copies: In most cases, you have the right to look at or get a copy of your health information. There may be a small charge for the

Amend Information: If you believe that information in your record is incorrect, or, important information is missing, you have the right to request that we correct the existing information or add the missing information.

Accounting or Disclosures: You may request a list of instances where we have disclosed health information about you for reasons other than treatment payment, or health care options.

Breach Notification: We are required to notify you in the event of a breach of your unsecured protected health information, and will do so

Our Legal Duty

We are required by law to protect and maintain the privacy of your health information, to provide this notice about our legal duties and privacy practices regarding protected health information, and to abide by the terms of the notice currently in effect.

Changes in Privacy Practices

We may change our policies at any time. Before we make a significant change in our policies, we will change our Notice and post the new Notice in the waiting area and each examination room. You can also request a copy of our Notice at any time. For more information about our privacy practices, contact the person listed below.

Complaints

If you are concerned that we have violated your privacy rights, or, you disagree with a decision we made about your records, you may contact the person listed below. You also may send a written complaint to the U.S. Department of Health and Human Services. The person listed below will provide you with the appropriate address upon request. You will not be penalized in any way for filing a complaint.

Contact Person

If you have any questions, requests, or complaints, Please contact:

The Privacy Officer 7350 Van Dusen Road L (3

Suite 210
Laurel, MD 20707
(301) 498-5500
I
hereby acknowledge receipt of the Notice of Privacy
Practices given to me.
SignedDate:
If not signed, reason why acknowledgement was not obtained:
Staff Witness seeking acknowledgement:
Date:



There's a new way to communicate with your doctor and their office.

In addition to calling us during regular business hours, we now have an online patient portal that allows you 24/7 access from anywhere.

gPortal will allow you to

online.

- Send messages to your doctor or their staff (all messages left will be processed the next business day)
- Request appointments
- Check your laboratory results
- Request prescription refills
- Update your personal and medical records

If you are interested in signing up for our gPortal, please complete the information below and an invitation will be emailed to you. Your emailed invitation will be titled "Myportal-no reply with Capital Digestive Care in the subject." Be sure to check your spam and junk email for the invitation. If you don't receive your invitation within a couple days let us know and we'll resend it.

Name:	
Date of Birth:	
Email Address:	
Date:	
Be sure to ask a staff member for a gPortal brochure. We look forward to comr	nunicating with you

03-10-16 gg





With gPortal, you can...

- Request appointments
- Check your results
- Send a message to our practice
- Update your personal and medical records
- Log-on 24/7- access from anywhere



How to Start...

Recommended for

Internet Explorer (8 or higher), or Mozilla-Firefox.

Create

your username and password today!

Start taking an active role in your healthcare!

Contact...



First in Digestive Health

Maryland Digestive Disease Center Laurel, MD Columbia, MD Takoma Park, MD 301-498-5500 Now we have an interactive online portal designed specifically for you, our valued patient

Introducing...





Capital Digestive Care

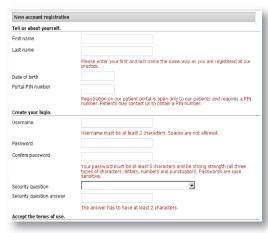
If you need immediate medical attention, please call 911 or go to your nearest hospital.



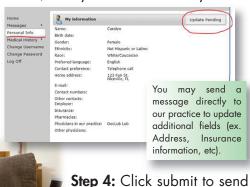
How do I register?

Step 1: You will receive an invitation email from our practice with a link and unique ID that will take you through the registration process.

Step 2: Click on the link in the invitation email to create a unique user ID and password.



Step 3: Once registered, complete your medical, family and social history.



our office

your information directly to

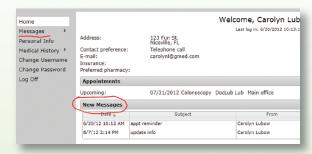
How do I...

Send a message to my Doctor's office?

- Click on the message tab.
- Click "new" and compose your message.
- Remember to hit send.

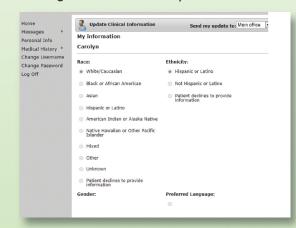
Receive messages through gPortal?

- You will receive a notification email when you have a message waiting in gPortal.
- Click on the message tab.
- Click on "new messages" to view your messages.



Update my personal information?

- Click "update" button.
- Click on the "personal info" tab.
- Change the information you want



How do I...

Reset my password?

- Click on the "change password" tab.
- Enter username, DOB and registered email address.

Frequently Asked Questions

Q: Can I schedule my appointment online through gPortal?

A: You may send a request to schedule your appointment and our practice will contact you.

Q: Does gPortal allow me to send a message directly to my physicians office?

A: Yes, you may send a message directly to our office through gPortal. We will make sure your message reaches the correct person so that your question is answered.

Q: Can I refill my prescriptions through gPortal?

A: No, you must go directly through your pharmacy in order to refill your prescription.

Q: What do I do if my account is locked due to too many failed log-in attempts?

A: Click on the change password tab and follow the instructions to create a new password.





TELEPHONE CALLS

If you wish to speak to your physician by telephone, please leave a message with our staff and your physician will return your call. Except for emergencies, calls may not be returned until after office hours.

BILLING AND INSURANCE

As a courtesy to our patients, we will file all necessary insurance forms to bill for services rendered. If payment is not received in thirty days from your carrier, it will be your responsibility to call your insurance company to facilitate payment. It is also the patient's responsibility to ensure that all HMO referrals are valid and on file with the billing office. No exceptions will be made for HMO patients who do not have a referral on file.

We participate with most insurance companies. We also accept all major credit cards.

Our Centralized Billing Office can assist you between the hours of 8:00 a.m. to 4:00 p.m. Monday through Friday. Please call 866-331-4232, option 2.

LOCATIONS

Laurel Medical Arts Pavilion

7350 Van Dusen Road Suite 210

Business Office: Suite 250

Laurel, MD 20707

Tel 301-498-5500

Fax 301-498-7346

7610 Professional Building

7610 Carroll Avenue Suite 250

Takoma Park, MD 20912

Tel 301-270-3640

Fax 301-270-3645

Columbia Medical Campus

5500 Knoll North Drive Suite 460 Columbia, MD 21045 **Tel** 410-730-9363

Fax 410-730-2084



please visit us on the Web at: www.capitaldigestivecare.com/MDD



Maryland Digestive Disease Center

Gastroenterology

JEFFREY S. GARBIS, M.D., F.A.C.G.

RICHARD M. CHASEN, M.D., F.A.C.G.

JEFFREY BERNSTEIN, M.D., F.A.C.G.

THEODORE Y. KIM, M.D., F.A.C.G.

MARVIN E. LAWRENCE II, M.D., F.A.C.G.

SEAN M. KARP, M.D., F.A.C.G.

PRITI BIJPURIA, M.D.

www.capitaldigestivecare.com/MDD

Melcome to our Medical Practice

INTRODUCTION

This booklet is designed to answer questions and provide information regarding our medical practice and office policies. We strive to provide patient satisfaction with high quality medical services in a relaxed atmosphere with teams of qualified personnel to assist you.

HOSPITALS

All physicians of Maryland Digestive Disease Center are Board Certified and have privileges at the following hospitals: *Laurel Regional, Washington Adventist, and Howard County General.* Unfortunately, we are unable to treat patients who are admitted to other hospitals in the area.

OFFICE HOURS

Our telephone hours are Monday through Friday 8:30 a.m. to 5:00 p.m. Office hours vary from location to location. Please call ahead if you plan on visiting an office without a scheduled appointment.

PATIENT APPOINTMENTS

We have three locations in which our physicians see patients. When making an appointment, please call 301-498-5500. If you need to be seen by your physician on an emergency basis, you may have to travel to an alternate location depending on appointment availability. We strive to see our patients as soon as possible to facilitate treatment.

If your appointment is for an initial office visit, our registration paperwork can be downloaded from our website at www.capitaldigestivecare.com/mdd or, if preferred, can be mailed to you upon request. Please bring your completed registration paperwork with you on the date of your visit. Insurance cards and picture ID's are collected at every visit. We also request that you bring all recent laboratory work, scans and x-rays related to your initial visit.

If you are a HMO patient, you must bring your referral form from your primary care physician. Also, please be prepared to pay your copayment at time of visit. If you need to cancel an appointment, we require that you notify us 48 hours before your appointment. We reserve the right to charge for appointments canceled or broken without 48 hours advance notice.

Occasionally, hospital emergencies will result in a change in your appointment. We will notify you as soon as possible when this situation arises.

EMERGENCY CARE

For after hour needs, we employ a qualified answering service to assist you in connecting with the physician on call for emergencies only. The answering service can be reached at **240-790-1625**. All non-emergency calls should be placed during regular office hours.

PRESCRIPTIONS AND REFILLS

All prescriptions and refills should be requested during regular office hours allowing up to 72 hours to process your request. Please have your pharmacy fax or call us for refills.



DIRECTIONS TO OUR THREE LOCATIONS:

Laurel Office:

Laurel Medical Arts Pavilion 7350 Van Dusen Rd. Suites 210 and 230 Laurel, MD 20707

Telephone: 301-498-5500

Fax: 301-498-7346

Business Office: Suite 250

Takoma Park Office:

7610 Professional Building 7610 Carroll Ave. Suite 250 Takoma Park, MD 20912

Telephone: 301-270-3640

Fax: 301-270-3645

Columbia Office:

Columbia Medical Campus 5500 Knoll North Drive Suite 460 Columbia, MD 21045

Telephone: 410-730-9363

Fax: 410-730-2084

From the South:

- Take I-95 North toward Baltimore
- Take exit 33A, which is Laurel Route 198.
- As you exit off ramp, stay in your far right lane.
- At intersection make right turn onto Van Dusen Road.
- Stay straight on Van Dusen.
- At 5th traffic light turn right into Laurel Regional Hospital's driveway. Our building sits to the right of of the hospital.

From the North:

- Take I-95 South toward Washington to 495 toward Silver Spring
- Take exit 29-B University Blvd/Langley Park.
- Follow University Blvd., to Carroll Ave.
- Make a right on to Carroll Avenue.
- Go through the 1st traffic light and make a right into Washington Adventist Hospital Parking lot. Our building is to the immediate left.

From 29 North or South:

- Take Exit 175 East (Exit 20A) toward Jessup
- Take first left at Thunderhill Road.
- Take the first left onto Lightening View.
- Take the first left onto Knoll North Drive.
- Our building is on the left.

From I-95 North or South:

- Exit onto 175 West (exit 41B) toward Columbia
- Keep left at the fork to continue onto 175W
- Approximately 4.5 miles turn right onto Thunderhill Rd.
- Make first left onto Lightening View.
- Make first left onto Knoll North Drive
- Our building is on the left.

(revised 3/10/16/gg)