

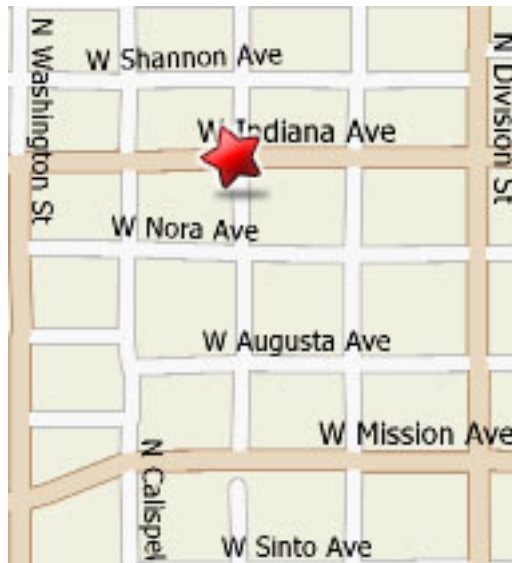
GRACE CLINIC

Teresa Colley, MSN, ARNP

While I was in college I began to dream of one day opening my own clinic. My goal for my clinic was to help fill the need for patients who wanted someone to partner with them to both help prevent disease, as well as to treat their illnesses. I believe that when people are educated about their illnesses and medications they can understand how to help care for themselves.

In that dream clinic I wanted patients to feel that they had access, without long waiting room times or too short appointments. So, at Grace Clinic, we limit the schedule to 15-18 patients a day and try to keep several "sick visit" slots open daily so we can see a patient the same day they call for acute illness. New patient visits and physicals are scheduled for 45 minutes so that you have the time you need to address your health concerns. Follow up appointments are 15 to 30 minutes, depending on the problem.

My hope for Grace Clinic is that it would be a place where you are known not just as a patient but as a person. We welcome those who are committed to improving their health, as I am, and want to take an active part in their health-care.



GRACE CLINIC

"Passionate About Patient Care"

West 205 Indiana, Suite B

Spokane, WA 99205

Hours: Monday - Friday 8:00 a.m. - 4:30 p.m.

Closed for lunch 12:00 p.m. - 1:00 p.m.

*Provider on call daily for after hours emergency

Phone: (509) 326-6474

Fax: (509) 326-2565

E-mail: graceclinics@graceclinics.com

Web: <http://www.graceclinics.com>

GRACE CLINIC



"Passionate About Patient Care"



Teresa M. Colley, MSN, ARNP

Shanna S. Majors, MSN, ARNP

What is a NP?

NP's are advanced practice nurses who provide high-quality health care services similar to those of a doctor. NP's diagnose and treat a wide range of health problems. They have a unique approach and stress both *care and cure*. Besides routine care, NP's focus on health promotion, disease prevention, health education and counseling. They help patients make wise health and lifestyle choices.

How are NP's educated?

NP's have 4-6 years of graduate, advanced education and clinical training beyond their registered nurse preparation. All have master's degrees and many have doctorates.

What services do NP's provide?

NP's treat patients of all ages, from newborns to the elderly. NP's provide a full range of services from illness and chronic disease, to advising patients on maintaining a healthy lifestyle. Patients who see NP's report an extremely high level of satisfaction with the care they receive.

Patients are choosing NP's for their primary, acute and/or specialty healthcare providers. In addition to giving top-notch healthcare, NP's deliver a unique blend of holistic care.

TERESA COLLEY

MSN, ARNP

- ◆ Board Certified in Family Practice by the American Academy of Nurse Practitioners.
- ◆ Licensed to practice as a Primary Care Provider in the State of Washington.
- ◆ Masters prepared; a registered nurse since 1993 and an active Family Practice ARNP since 2000.
- ◆ Licensed to diagnose and manage acute and chronic illness, as well as order, conduct and interpret diagnostic studies.
- ◆ Special interest in diabetes care and disease prevention special interests in cardiovascular disease and prevention.
- ◆ Full prescriptive authority.

SHANNA MAJORS

MSN, ARNP

- ◆ Board Certified in Family Practice by the American Nurse Credentialing Center.
- ◆ Licensed to practice as a Primary Care Provider in the State of Washington.
- ◆ Masters prepared; a registered nurse since 1999 and an active Family Practice ARNP since 2004.
- ◆ Full prescriptive authority.
- ◆ NP background in primary care, pediatrics and breast-related abnormalities.

INSURANCE PLANS

ACCEPTED

- ◆ Medicare & Medicaid
 - ◆ Asuris
 - ◆ TriCare
 - ◆ United Healthcare
 - ◆ Regence Blue Cross/Blue Shield
 - ◆ PHCO
 - ◆ First Choice
 - ◆ Cigna
 - ◆ Premera
 - ◆ Molina
 - ◆ Most other private insurance
- * Acceptance based on provider availability *

SERVICES

Among the services offered are:

- ◆ Well Child Exams
- ◆ Immunizations/Flu Shots
- ◆ School Physicals
- ◆ Women's Health Exams
- ◆ Male Health Exams
- ◆ DOT Physicals
- ◆ Illness Diagnosis and Treatment
- ◆ Chronic Disease Management
- ◆ Diabetes Management
- ◆ TB Tests
- ◆ Full STD checks