



Dear New Patient and Family:

Sound Family Medicine welcomes you and is looking forward to caring for you and your family. We strive to provide excellent care at convenient times and locations. Sound Family Medicine has expanded to three locations in order to better meet your healthcare needs:

Sound Family Medicine at Hartland – Puyallup

3908 10th Street SE
Puyallup, WA 98374
Near Pierce College and Top Foods
Monday – Thursday 7:30am – 7pm
Friday 7:30am – 5pm

Sound Family Medicine at Sunrise Medical Campus

11216 Sunrise Blvd. E, Suite 3-106
Puyallup, WA 98374
Half a mile east of Meridian and 176th Street
Monday – Friday 8am – 5pm
Evening Appointments Available

Sound Family Medicine at Bonney Lake

19820 Hwy 410 E
Bonney Lake, WA 98391
Across from Albertson's
Monday – Friday 8am – 5pm
Evening Appointments Available

In addition to the above, we offer two walk-in clinics (no appointment needed) called "Sound Same-Day Clinic." These clinics are located at our Hartland – Puyallup and Bonney Lake offices. Our same-day clinics are urgent care facilities that can help you avoid long waits and high costs of hospital ER visits, and they are a convenient option for sudden illnesses. Your personal healthcare record is available at either of these locations, as we utilize an electronic medical record system (EMR). The same-day clinic hours are as follows:

Sound Same-Day Clinic at Hartland – Puyallup

Monday – Thursday 7:30am – 8pm

Friday 7:30am – 6pm

Saturday 9am – 3:30pm

Sunday 1pm – 4:30pm

Sound Same-Day Clinic at Bonney Lake

Monday – Thursday 8am – 6:30pm

Friday 8am – 4:30pm

All of our physicians are Board-Certified Family Physicians.

Most of our doctors also provide [maternity care](#). Sound Family Medicine physicians deliver nearly 30% of the babies at the Good Samaritan Birth Center. We especially enjoy the opportunity to care for the entire family, often several generations, from newborns to grandparents.

Our physicians answer their own after-hours calls (we don't use an answering service), and we have a physician on-call for urgent questions during all hours that the office is closed. You can call 253-380-5440 to contact the physician on-call, or you can call the office at 253-848-5951 to hear this number on our greeting message.

Check out our website and sign up for mySFM.

If you would like to learn more about our locations and hours, you can visit our website, www.soundfamilymedicine.com. There, you can read [biographies](#) on our providers, and also find out which type of provider is right for you. You'll learn about our secure patient portal, [mySFM](#), which allows you to schedule appointments online, retrieve test results, request referrals, submit refill requests, and take advantage of online bill payment.

Our website provides useful [healthcare forms](#), such as Medical Release, Durable Power of Attorney, Permission to Treat Minors, and many more. Additionally, we have provided links to multiple health information sites. You can also email your questions to our healthcare providers in lieu of calling!

Online, you can view the list of [insurance plans](#) that are accepted. Please remember, co-pays and/or deductibles are due at the time of service unless arrangements are made in advance.

We also provide other services.

We provide on-site, state-of-the-art DEXA scanning for osteoporosis, an on-site laboratory, EKG's, pulmonary function testing, and well-child and well-adult exams. We can even screen for prostate cancer, and perform a comprehensive preventative health evaluation at physical exams.

To ensure that your first appointment will function smoothly, we ask that you please complete the attached forms and bring them with you to your visit.

We hope that you will take advantage of our services and allow us to serve you, your family, and your friends. Thank you again for choosing Sound Family Medicine as your provider of care!

Sincerely,

Denise Martel, Clinic Administrator