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I want to begin by simply saying thank you. Don't worry, I'm not going anywhere!

Being part of your health journey has been one of the greatest honors and most meaningful parts of my career. Each visit, conversation, and milestone we've shared reminds me why I chose this profession to begin with – not only to treat conditions, but to care for each person as a whole. Over the years, I've come to know your stories, your families, your humor, and the little things that make you, *you*. That kind of openness and trust means more than words can express.

As healthcare continues to change, we've thought about how to protect the personal connections that make our care meaningful. I often hear how much you all value the time and attention we share during our visits – that unique kind of personal, unrushed care that lets us slow down, spend more time with you, and tailor care to your individual needs.

To maintain that relationship-based quality care you deserve, our practice will be transitioning to a **Personalized Medicine Practice (PMP) model on January 1, 2026.** This change will allow me to care for a smaller number of patients and grant me the ability to provide thoughtful, individualized care. It offers longer visits, same-day or next-day visits, easier communication, and the accessibility and attentiveness that today's traditional healthcare model no longer allows. Most importantly, it will allow us to be fully present for you!

Included with this letter are the Highlights and Details of our Personalized Medicine Practice, Frequently Asked Questions, and the Membership Agreement. We understand this change may not be the right fit for everyone and will support your decision either way. We'll continue to provide traditional care through December 31, 2025, and if you decide not to join, our team will gladly assist you in transferring your medical records to the provider of your choice.

I am truly grateful for the time we've spent together and sincerely hope you'll join me in this next chapter.

With gratitude,

Andrea Castro, PA-C