



Tiffany Gorman, M.D.  
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Campbell, CA 95008  
(408) 376-3350

Private Practice  
Los Gatos / Campbell, CA  
1999 - present

Sports Medicine Fellowship  
San Jose Medical Center/Stanford  
San Jose, CA  
1998 - 1999

Family Practice Residency  
Sharp Grossmont Hospital  
La Mesa, CA  
1995 - 1998

University of California  
San Diego, CA  
M.D. - 1995

University of California  
Los Angeles, CA  
B.S. Kinesiology - 1991  
Cum Laude

Academic Awards:  
Family Practice Interest Group  
Leadership Award

Family Practice Award for Excellence

Team Physician:  
WUSA-Bay Area CyberRays  
Woman's Pro Soccer Team  
2001 - 2002

San Jose State University  
1998 - 2003

Woman's Jr. National Water Polo  
World Championships  
1999

Doctor Ski Patrol:  
Alpine Meadows Ski Resort  
2002 - present

Certifications:  
Board Certified - Family Practice

Certificate of Added Qualification  
Sports Medicine

Dear Patients and Friends,

I would like to thank all of you once more for the confidence you have shown me and my staff over the years. I appreciate all of the valuable input you have given to me the past couple of months and look forward to improving our services and making you feel comfortable at our office when dealing with your health care needs.

My practice is comprised of over 2,200 active patients. Due to time constraints and lack of coverage from insurance carriers, I am typically limited to one topic during a routine office visit.

I know from experience that poor health is often a result of a combination of factors, but I have struggled with how to best share my training and experience in both Family Practice and Sports Medicine to maximize patients' quality of life.

Over the years many patients have requested detailed information on how to lead healthier lives. This includes topics such as weight loss and nutrition, fitness programs, sleep and stress management and preventive medicine. In response to an increasing demand for more comprehensive and preventive medical care, I am extremely excited to introduce a brand new, optional program for my patients beginning March 1, 2009.

This program will focus on prevention, wellness and improved physical fitness utilizing state of the art tests to define your baseline and monitor your progress throughout the year. In addition, we will integrate the benefits of concierge medicine such as more comprehensive "executive style physicals," extended appointment times and increased physician availability.

The new Total Health program will provide participants with:

- Comprehensive "executive style physical" which includes patient history and health risk appraisals, expanded labs and screening tests, body fat analysis and EKG
- Nutritional Assessment
- Resting Metabolic Rate (RMR)
- VO2 Max Testing (treadmill or bike)
- Custom Fitness Plan
- Polar Heart Rate Monitor Watch
- Stress Management Counseling
- Extended appointment times for the physical and routine office visits
- Direct availability to me 24/7 via cell phone
- A private dedicated office phone number
- Physician to physician coordination of specialty referrals

Initially, I will limit the membership to 150 patients. This will allow me to allocate the appropriate time within my present practice to address all of your specific needs. There will be a dedicated block of time daily for participants in the program.

Joining the new program is completely optional. I pledge to continue to care for all of my traditional patients personally and you will continue to receive the highest quality care to which you have become accustomed. This is an optional program available to those patients who seek enhanced services.

I have chosen Concierge Choice Physicians (CCP) to implement and manage this program for me. If you would like to join this new program, please call them toll free at (877) 888-5565 or simply complete the enclosed membership application.

Thanks again for entrusting your health care to me,

A handwritten signature in black ink, appearing to read 'Tiffany Gorman, M.D.', with a stylized flourish at the end.

Tiffany Gorman, M.D.