
WELCOME

We are pleased that you have selected SMART Health & Wellness Centers to participate in providing for your health care needs. SMART centers employ a unique, collaborative team of health care professionals to provide personalized service in an efficient, clinical model designed to optimize patient access and convenience with a focus on improving patient outcomes for brain and body health. True to our team approach, we will work closely with you as you make decisions about your health and health care needs.

Integrated Health Care Services

Primary Care

- Routine Physicals
 - Well Adult, Well Woman, Well Child
 - Sports Physicals
 - Preventative Screenings
 - Employment Physicals and Screenings
- Acute Care Treatments
- In-Office Procedures
 - Joint Injections
 - Skin Lesion Removal
 - Sutures
 - Wound Care
 - Vaccinations
 - Routine and Complete Lab Work
- Chronic Disease Management
- Advanced Nutritional Testing

Our primary care providers (PCPs) are board certified in Family Practice or Internal Medicine and are available to help you manage your health care needs, both acute and chronic in nature. Our PCPs work closely with our behavioral health care providers and neurologist to address your complete wellness.

Neurology

- Adult General Neurology
- Electromyography (EMG)
- Headache Management
 - Botox Treatment and Medication Management
- Epilepsy Management
 - Routine and Video Electroencephalogram (EEG)
- Peripheral Neuropathy and Small Fiber Neuropathy
 - Skin Biopsy Testing

Our neurologist is available for assessment and management of both common and complex neurological disorders. We can work in collaboration with your current doctor, our PCPs, and/or behavioral health providers to provide a comprehensive care plan, depending on your individual needs and desired engagement in our practice model.

Behavioral Health & Psychiatry

- Adult Psychiatry, Geriatric Psychiatry, Child and Adolescent Psychiatry
- Cognitive Behavioral Therapy Classes and Training
- Innovative Assessment: Neurocognitive Testing, Brain Mapping (qEEG)
- Transcranial Magnetic Stimulation (TMS)
- Neurofeedback

Our highly-qualified behavioral health team is comprised of medical doctors and nurse practitioners who work closely as a treatment team to perform diagnostic evaluations, psychopharmacology management, protocol-driven disease management, and therapy. Our providers use measurement-based care to track your progress and monitor improvement, to focus on getting you to an optimal outcome as soon as possible. We offer innovative testing to allow our providers access to objective data, in addition to clinical interviews, to assist with thorough assessment. SMART centers have a unique, integrated treatment care model that encourages the identification and management of both medical and psychiatric health conditions that commonly co-exist and impact your recovery. Our multi-specialty team model allows for collaboration between specialists who work closely to best address your care needs. Science is continuing to discover the underlying medical origins of many disorders that present with psychiatric symptoms. SMART clinicians strive to offer our patients the most up-to-date, effective treatments available once evidence supports them as being credible options.

Office Information

Contact Us

Our office hours are Monday through Friday, 8:00 a.m. to 5:00 p.m. We are closed on weekends and holidays. We have three locations to serve you:

Legacy-Plano (972) 379-8222

Plano (972) 403-1463

McKinney (972) 893-3376

Insurance

We accept many insurance plans and our business office staff can answer any questions you may have regarding coverage.

Office Policies

Please arrive on or before your scheduled appointment time. Help expedite your check-in by completing the required forms online in advance. These are available by clicking on the link in your reminder text, or found on our website under *Patient Resources*. Late arrivals may result in a longer wait time, or may need to be rescheduled.

All patients are asked to complete clinical scales either online or at check-in. Our providers rely on these measurements to track your progress in treatment. Your assistance in completing these forms is appreciated as they give us accurate information about your current health status.

Scheduling

New Patient Appointments: New patient appointments are scheduled by the central scheduling office. Follow-up appointments will be scheduled at check-out. Any requests for changes in appointment times should be made by contacting the central scheduling office. You can reach this office by calling the number listed for the office at which you are scheduled (see "Contact Us" above).

Missed Appointments: Please make every effort to keep your scheduled appointments; 24-hour notification of cancellation is requested to avoid a charge. Failure to keep appointments may have a negative impact on your care. Be aware that some prescription medications require close monitoring and cannot be refilled without seeing your provider.

Urgent/Emergent Requests

For urgent health care needs during regular hours, please call to schedule a same-day appointment.

After-Hours Care: A provider is available 24-hours-a-day to cover emergencies. Please do not call for routine refills or lab results after hours. Please call the main office number which will connect you to the answering service for assistance. In the event of a life-threatening emergency, please go to the nearest Emergency Room or call 911.

Follow-Up Care: If you find it necessary to seek after-hours care at an Urgent Care or ER, please contact the office afterwards and schedule a follow-up appointment. We can better serve your health care needs when we have complete information about care received outside our office.

Prescriptions & Refills

Please read our prescription refill policy, and help us keep our records up-to-date with your current pharmacy information, as we use electronic prescribing.

Again, Welcome!

We welcome you to our practice and encourage you to be engaged and to partner with us to achieve optimum health and wellness. If you have any questions, please ask your provider or a care team member to assist you. And please take time to review all of the educational materials included in your patient packet.

SMART | HEALTH & WELLNESS CENTERS

Powered by Bent Tree Health Professionals

Smart Health & Wellness Centers serves patients in our communities utilizing a collaborative, team approach to provide personalized health and wellness through comprehensive assessment and patient education to enable earlier disease intervention.

Legacy-Plano

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Plano

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