



## Capstone Medical Associates

IMPROVING LIVES . . . . .

. . . . . ONE PATIENT AT A TIME



Welcome to Capstone Medical Associates! We are honored that you have chosen us to provide your healthcare needs.

Our goal at Capstone Medical Associates is to help each patient achieve optimal wellness. We do this by utilizing traditional medical treatment along with alternative methods. By integrating these two methods we help your body maintain or return to its normal state of health. This includes dietary and lifestyle education, vitamin and nutritional supplementation, bio identical hormone replacement therapies and the use of prescription medications when necessary.

At Capstone Medical Associates we do not treat diseases. We treat people inflicted with disease. We believe that you are unique and therefore require a treatment plan that is customized just for you. We do not believe in "cookie cutter" medicine. We strive to educate you on how current disease can be managed with the least amount of medication.

Below you will find a list of forms to be completed prior to your visit. Please complete them and bring them with you to your initial visit. They will be reviewed with you during your initial visit. If you have any questions regarding the completion of these forms, please contact our office.

1. Patient Registration Form
2. Health History Form
3. Records Release Form

We are excited to announce the following services that we offer as a courtesy to our patients:

- Complementary Coffee Bar
- Wi-Fi access in our waiting room
- 24/7 access to your electronic records
- Online appointment scheduling

By visiting our website at [www.CapstoneMedicalAssociates.com](http://www.CapstoneMedicalAssociates.com) you will find a description of our policies and procedures. It is through this website that you can gain access to your electronic records and schedule or cancel an appointment in addition to many other features. Visit our website or contact our office for more information. For those patients that have a Facebook account, please "like" our Facebook page to receive our Facebook posts and blogs.

We would again like to take this opportunity to thank you for choosing Capstone Medical Associates to provide your healthcare needs. We look forward to meeting you.

Thank You,

Jeffrey J. Backenstoos, D.O., ABAARM, FAARFM and staff

---

4807 Jonestown Road, Suite 141  
Harrisburg, PA 17109  
(717) 695-6177 – Phone  
(717) 695-4369 –  
Fax  
Capstone21@comcast.net