



# COMPANY PROFILE

443-939-8488

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Riverside 255, San Francisco, USA



# Trinity FamilyCare and Express HealthCare

The Healthcare Services Agreement outlines the services provided by Yvonne Tubene, CRNP, who has over 20 years of experience in nursing. Services are offered both in-clinic and virtually, including acute and chronic care, weight loss management, minor illness treatment, medication management, immunizations, DOT and school physicals, administrative medical services, women's health, and preventive care. Appointments can be booked online, and most major insurance plans are accepted. The provider emphasizes high standards in weight loss treatment and offers comprehensive care for children and adults.

# WHY CHOOSE US

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## Take The Road To A Healthy Heartbeat

At Trinity FamilyCare, we prioritize your health with a personalized approach, taking the time to understand your unique needs and creating customized care plans. Our expert team combines compassion and professionalism to ensure a seamless, supportive experience. We emphasize preventive care with regular checkups to keep you ahead of health concerns and utilize cutting-edge technology for accurate diagnoses and effective treatments. Your journey to wellness starts here.

### Personalized Care

Tailored health plans designed to meet your unique needs and goals.

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### Expert Team

Compassionate professionals delivering exceptional, patient-focused care.

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### Preventive Focus

Regular checkups to stay ahead of potential health concerns.







## **MISSION**

At Trinity FamilyCare and Express HealthCare, our mission is to provide compassionate, high-quality, and accessible healthcare services that prioritize the well-being of individuals and families. Through personalized care, innovative solutions, and a commitment to excellence, we strive to empower our patients to lead healthier and more fulfilling lives.

## **VISION**

Our vision is to become a trusted leader in healthcare by setting the standard for comprehensive and patient-centered medical services. We aim to create a healthier community by combining advanced care, prevention, and education—delivered with integrity, respect, and unwavering dedication.



# Services We Provide

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## Acute Care

Bronchitis, pneumonia, the common cold, the flu, asthma attacks, respiratory infections, and strep throat, constipation, painful urination, urinary tract infection, joint pain, muscle spasm, and sprains , abscesses and acne , ...

## Chronic Care

Working with patients to manage conditions like diabetes, hypertension, arthritis, gout and heart disease ... (collaborations with other specialist as needed).



## Annual physical and Sport Physical

Annual physical exams are an essential part of maintaining good health. They provide an opportunity to assess your overall wellness, identify potential health concerns early, and update vaccinations or necessary screenings. At Trinity FamilyCare.



## Women Service

Our women's healthcare services are designed to address the unique health needs of women at every stage of life. From routine gynecological exams and Pap smears to breast health assessments and menopause counseling, we provide comprehensive care in a comfortable and supportive environment.

## Weight Loss Treatment

Achieving and maintaining a healthy weight can significantly impact your overall well-being. Our weight loss programs are tailored to your individual needs, combining medical expertise with personalized strategies to help you reach your goals. Whether you need dietary counseling, exercise planning, or medical interventions, we provide the tools and support you need for success.



## FMLA

Healthcare supportive report for health condition of an illness, injury, impairment, or physical or mental condition that involves either inpatient care or continuing treatment by a health care provider.



## Preventive Care

Checkups, screenings, and vaccinations to help prevent illnesses, Counseling and education on diseases, medications, healthy lifestyles, and more

## Minor illness

Minor illnesses such as colds, sore throats, ear infections, and allergies can disrupt your daily life. Our clinic provides prompt and effective treatment to alleviate symptoms and speed up recovery. We use a patient-centered approach, ensuring that every concern is addressed thoroughly.



## Medication management and refills

Proper medication management is vital for effective treatment and overall health. At Trinity FamilyCare, we provide consultations to ensure your medications are safe, effective, and aligned with your health goals. Our team works with you to adjust dosages, avoid potential side effects, and optimize your treatment plan.





## Immunization

Immunizations are a crucial part of preventing diseases and protecting public health. At Trinity FamilyCare, we offer vaccines for all ages, from childhood immunizations to seasonal flu shots and travel vaccines. Our team ensures that you and your family are up-to-date on recommended immunizations to stay protected.

## DOT

Department of Transportation (DOT) physicals are required for commercial drivers to ensure they meet federal safety standards. Our certified medical examiners provide thorough evaluations, including vision and hearing tests, blood pressure checks, and overall health assessments.



## School physical

School physicals are essential for students' health and academic readiness. At Trinity FamilyCare, we conduct comprehensive exams to ensure your child is physically fit and up-to-date on vaccinations. These exams also identify any underlying conditions that may need attention before the school year begins.





# CONTACT US



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