Heritage Primary Care and Sports Medicine

Location: 1069 Klotz Road Suite A  Phone Number: 419-728-0110
Bowling Green, OH 43402  Fax Number: 419-728-0113

Medical Specialty  Family Medicine/Primary Care
Ages  Newborn to elderly

Jeffrey B. Noftz II PT, MD
Dr. Noftz is a Family Medicine trained physician and is Board Certified by The American Board of Family Medicine. He started his medical career at The University of Toledo Medical Center (formerly known as Medical College of Ohio) as the Director of Primary Care/Sports Medicine. He moved his practice to The Bowling Green Clinic in 2004 and was hired as the Head Team Physician/Primary Care for Bowling Green State University. With the much appreciated support from Wood County Hospital, Dr. Noftz has left the practice at The Bowling Green Clinic and established Heritage Primary Care and Sports Medicine. He continues to serve as the Head Team Physician for Bowling Green State University. A licensed Physical Therapist as well as physician, Dr. Noftz' education and experience enables him to diagnose, treat and care for any primary care need. His expertise in musculoskeletal conditions including traumatic and overuse injuries allows him to offer a more specialized assessment and treatment plan for those conditions. He also serves as the Medical Director for Heritage Corner Health Campus and provides primary care services many of the clients residing there.

Gretchen Kuhlman CNP
Gretchen Kuhlman is a Certified Nurse Practitioner. She started her nursing career at Wood County Hospital in 2003 caring for patients on the Medical/Surgical floor. She gained further experience after taking a position at Saint Vincent Mercy Medical Center in Oncology and then in Intensive Care Nursing at Wood County Hospital. After returning to school and graduating as Certified Nurse Practitioner, Gretchen joined the Emergency Medicine team at Wood County Hospital as well as the Urgent Care facility here in Bowling Green. Her education and broad range of clinical experience enable her to care for all primary care needs. Female wellness and preventative care are a particular interest for her.

Services Offered  Acute Care for illnesses and injuries for all ages from newborn to elderly.
Chronic Care for those with ongoing medical conditions such as headaches, heart disease, lung disease, diabetes, GERD and other GI ailments, urinary problems, muscle and joint disease such as fibromyalgia and arthritis, skin conditions, and mental health concerns, as well as many other diagnoses.
Well Visits and Routine Physical Exams for all ages including arranging for age appropriate routine laboratory tests, radiologic studies, and diagnostic procedures as well as age appropriate healthy lifestyle guidance regarding nutrition, accident prevention, stress reduction, and fitness.
**Pediatric Well Visits** for newborn infants and continuing on into childhood and adolescence. Continuity of care can continue on into adulthood as well.

**Female Well Visits** can be scheduled with either a female or male provider depending on patient preference. Visits can focus on age appropriate and symptoms-specific concerns such as breast and cervical cancer screening, as well as contraception and other concerns specific to the female patient.

**Male Well Visits** can focus on age appropriate and symptoms-specific concerns such as prostate health, erectile dysfunction, testosterone replacement and other concerns specific to the male patient.

**Sports Related Injury Evaluation and Treatment** for athletes of all ages and competition levels. Services include evaluation of muscle, bone and joint injuries, concussion evaluation and management, and after care for heat related illness. Return to play recommendations and guidance that can include personal communication with the athlete’s athletic trainer, coach, and/or team physician. Performance enhancement strategies can be developed for those who do not have a specific injury but desire an evaluation which incorporates a biomechanical, nutritional and training analysis.

**Therapeutic and Diagnostic Procedures** including joint injections, trigger point injections, skin biopsies and skin lesion removal as well as toenail and finger nail care including hematoma evacuation and full or partial nail removal when needed.

**Fracture Care** including splinting and casting for many non-displaced or minimally-displaced extremity fractures.

**Medication Management** including initial prescriptions and refill authorizations as well as assistance with evaluating potential drug to drug interactions from most prescribed and over the counter medications.

**Consultations** arranged with local, regional and national specialists and hospitals when needed or desired.

**Saturday Morning Chart Review** for those interested in a comprehensive review of their medical history and test results with a focus on defining the “next step” in staying healthy.

*Walk-In* visits, without appointment, for minor illnesses such as sore throats, upper respiratory infections and uncomplicated urinary tract infections.

*Subject to change based on demand and provider availability*
Amenities  Heritage Primary Care and Sports Medicine is located on the campus of Heritage Corners. Our facility was newly built in 2011 and designed to help ensure patients feel welcome and cared for from the moment they walk in the door. We have established guiding principles for every experience in our facility that place a priority on quality care, privacy, and wellbeing.

The Waiting Area has a feel of a comfortable living room. The décor and layout provide for social interaction as well as individual privacy. A children’s area is incorporated to enjoy toys and games. A large television is available to view a variety of programming from local television channels to current and relevant medical information. A complimentary hospitality bar offers caffeinated and de-caffeinated beverages while waiting. And finally, we at Heritage Primary Care and Sports Medicine believe the most important amenity in the waiting area is not the physical structure but rather, it is the service provided by our caring staff. We believe the patient experience needs to be one that helps to ease the concerns that required the visit to our medical practice. We understand visits to a physician often arise because of illness, pain, or mental strife. The guiding principle of our waiting area experience is to ease those concerns with caring staff and comfortable surroundings.

The Examination Rooms are large and provide seating for family or significant others if desired. They are well lit and equipped to provide complete care for each patient visit. Every room is located around a central nursing area to facilitate immediate communication to nursing staff if needed by either the patient prior to the provider entering the room or by the provider during the patient visit. All vital measurements are accomplished in the examination room including body weight to ensure patient privacy. As with the waiting area, Heritage Primary Care and Sports Medicine believes the most important amenity in the examination rooms to be the service provided by our knowledgeable and caring staff. The interactions and communication that take place in the examination room are often challenging and personal. They are always private and confidential. We strive to offer a patient experience in our examination rooms that centers on providing a thorough examination, an accurate diagnosis, and an evidence-based treatment plan in a compassionate and professional manner.

The Check-Out Area is designed to provide privacy and personalized attention. Seating in the check-out area is large enough to provide room for family members or significant others as needed to comfortably and privately complete all of the requirements for each visit including scheduling future visits, arranging for consultant appointments and arranging for payment of co-pays or fees. Heritage Primary Care and Sports Medicine Staff understand the importance of maintaining privacy throughout your visit to our office. Our commitment to this guided our design of the check-out area. In addition, our staff assisting you in the check-out area shares the commitment to quality care, privacy, and wellbeing and has the knowledge and experience to care for your needs.

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<tr>
<th>Hours of Operation*</th>
<th>7:30 AM to 5:00 PM</th>
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<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Thursday</td>
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<tr>
<td>Friday</td>
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Saturday**

9:00 AM to 11:00 AM

*Hours of operation are subject to change based on need and provider availability

**One Saturday per month based on need. Designed for “Saturday Morning Chart Review” for those interested in a comprehensive review of their medical history and test results with a focus on defining the “next step” in staying healthy.