

## **Kenny Howell**

*Managing Editor*

For several months now, Midtown Health Care has been taking care of Mt. Juliet when they are sick.

Chad James, FNP-C, has been practicing family care for 10 years, all in Mt. Juliet.

Originally from Mississippi, James went to Vanderbilt University and did his last rotation in Mt. Juliet. After that, he was hired on at the same clinic. But he wanted to open his own clinic, and there was no question where he wanted to open.

“We all have kids that go to school in Mt. Juliet, so we have a vested interest in the community,” said James of his staff.

James said his original plan was to go back to Mississippi when he graduated college, but fell in love with middle Tennessee. Luckily, he got hired in Mt. Juliet and hasn’t left.

James said his office is efficient getting people in and out, while making sure they aren’t rushed.

“That’s not something I want to do, rush people in and out,” said James.

They schedule patients, but also allow walk-ins.

They practice: Family medicine, Work comp, DOT physicals, Sports physicals, Drug screens, Minor surgical procedures (sutures, toenail excision, etc), On site labs, other general medicine, Pediatric care for 1 year and up.

You can also just come in for a B12 shot for just \$20. No office visit needed. In and out with no wait. Midtown is also going to donate \$5 to a charity or to someone of need for each shot we give every month. So you can feel better with the B12 and also feel good about helping someone in need.

Midtown Health Care also uses Phreesia, a tablet based sign in system that helps keep track of your visits. You sign in with it, and it will have all your information, and will help you avoid getting procedures or test you might not need.

Midtown Health Care is located 1097 Weston Dr., Suite 3 in Mt. Juliet. They can be reached at (615)288-3267 or you can find them on the web at [www.midtowncare.com](http://www.midtowncare.com).