



Jessica Anderson, FNP-BC

SPECIALTIES: Family Medicine, Primary Care

EDUCATION: BS Nursing, MS Nursing, Certified Family Nurse Practitioner (FNP-BC)

CLINICAL EMPHASIS: Comprehensive physical and mental health care, preventative care, providing continuity of care to geriatric patients and families.

PH: 847.258.4978

EM: ArlingtonHeights@Carepods.com

How did you choose your specialty?

Primary care medicine allows me to develop long-standing relationships with my patients and their families. This relationship is built on collaboration and making shared decisions that improve their overall well-being. It's incredibly rewarding work!

What do you enjoy most about being a provider?

I love listening to my patients and using my skill and clinical background to help them develop a plan to meet their health goals. Having the time to sit and listen to their needs and concerns is extremely rewarding and the reason I chose to pursue this profession.

What is your philosophy of care?

Effective treatment means treating the whole person. Of course, acute needs come first, but listening to the patient's concerns and encouraging open dialogue about possible

interventions allows us to develop a plan to improve a person's overall physical and mental health. Furthermore, I place great emphasis on preventive medicine as it is paramount to helping my patients live long, healthy lives.

What are your hobbies and interests?

I love spending time with my husband and two daughters. We are a family of travelers, making frequent trips to the coast of Maine and Lake Carroll. I also enjoy hosting friends and sharing meals and laughs with the important people in my life.

Why did you decide to become a physician?

Before joining Carepods, I spent 16 years as an ICU RN at Loyola. While this work was extremely rewarding, I always wanted to be a part of a healthcare team that could help keep patients out of the hospital with high-quality, preventive health care. That desire led me to pursue my degree as a family nurse practitioner. I truly want to help each and every one of my patients.

Services we offer include:

ROUTINE MEDICAL CARE, INCLUDING PHYSICAL EXAMS, MEDICATION MANAGEMENT, AND CHRONIC DISEASE MONITORING AND MANAGEMENT.

COORDINATION OF CARE WITH SPECIALIST AND OTHER HEALTHCARE PROVIDERS. WE CAN SERVE AS YOUR PRIMARY CARE PROVIDER OR WORK WITH YOUR EXISTING PROVIDER.

MENTAL HEALTH SERVICES, INCLUDING COGNITIVE ASSESSMENTS, SCREENINGS, AND COUNSELING.



COORDINATION WITH FAMILY MEMBERS AND CAREGIVERS THROUGH OUR EXTENDED CARE TEAM.

ACCESS TO COMMUNITY RESOURCES AND SUPPORT SERVICES. REFERRALS AND RELATIONSHIPS WITH SERVICES AND PROVIDERS TO COVER ANY GAPS IN YOUR CURRENT CARE NEEDS.

We understand the importance of building a **strong, trusting relationship** with our patients and their families. We take the time to **listen** to your concerns and work together to develop a **personalized care plan** that meets your individual needs.

If you or a loved one are looking for **compassionate, high-quality physician services for older adults**, please contact us to schedule a consultation. We look forward to meeting you and working together to support your health and well-being.



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ARLINGTON HEIGHTS

2010 S. Arlington Heights Rd, Suite 110
Arlington Heights, IL 60005

PH: 847-258-4978