



WASHINGTON  
BEHAVIORAL MEDICINE  
ASSOCIATES, LLC

THE SOAR PROGRAM  
FOR PSYCHOTHERAPY & TESTING

5480 Wisconsin Ave, Suite 223\*Chevy Chase, MD 20815\*wbma.cc\*301.576.6044

Hello Patients and Families,

We are writing to tell you about the updated precautions we are taking in the office to protect everyone from COVID-19 and other illnesses. Please read the details below, and reach out if you have any questions.

Face masks must be worn at all times while visiting the office by persons age 2 and older. We also ask that you use the hand sanitizer provided at the front desk when checking in.

Face masks will be worn by all staff members. Additionally, all eligible team members are vaccinated against COVID-19.

A member of our team will request that you fill out a COVID-19 questionnaire and your temperature will be recorded when you arrive.

**Prior to coming to the office**, all in-person visitors aged 12 and older must either show proof of the completed COVID-19 vaccination or provide a letter of medical exemption. A copy of the COVID-19 vaccination card or letter of medical exemption must be uploaded to the patient portal or faxed to 301-576-1645 **prior to coming to the office**.

To reach the patient portal please [click here](#). If you do not have a portal account, please contact the office at 301-576-6044. If you have forgotten your password please use the forgot password link.

To minimize exposure we encourage all psychiatry and psychotherapy clients to continue using our telehealth platform.

Please **contact us prior to coming to the office** if you, a member of your household, or someone in your care is/are exhibiting any acute respiratory symptoms or other signs of illness (e.g., cough, shortness of breath, cold, vomiting, diarrhea, fever within the past 24-48 hours). We will help you make an appropriate plan.

Please **do not come to the office** until you or your household members are free from fever, signs of fever, vomiting/diarrhea, and any other symptoms for at least 24 hours (temperature under 100 degrees Fahrenheit without the use of fever-reducing or other symptom-altering medicines).

We will **work together with you** to decide whether it makes sense to come in. If we agree that you should not, and if telehealth is not appropriate, we will waive our late cancellation fee. Fees will not be waived for missed appointments without a call. If you come to session and are exhibiting signs of illness, we may ask you to go home.

Please remember that there are people who come through the office who are immunocompromised. We want to do our best to **ensure everyone's safety**. We are taking extra precautions with cleaning the office, and washing our own hands with great frequency.

We continue to monitor the situation and will update you regarding any changes. Please feel free to contact our office manager, LaNiya, if you have any questions.

Best regards,

A handwritten signature in black ink, appearing to read 'Gonzalo Laje', with a stylized flourish at the end.

Gonzalo Laje, MD, MHSc, FAPA  
Director, Washington Behavioral Medicine Associates, LLC