



One Medical Group

Thomas Lee MD

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About Me



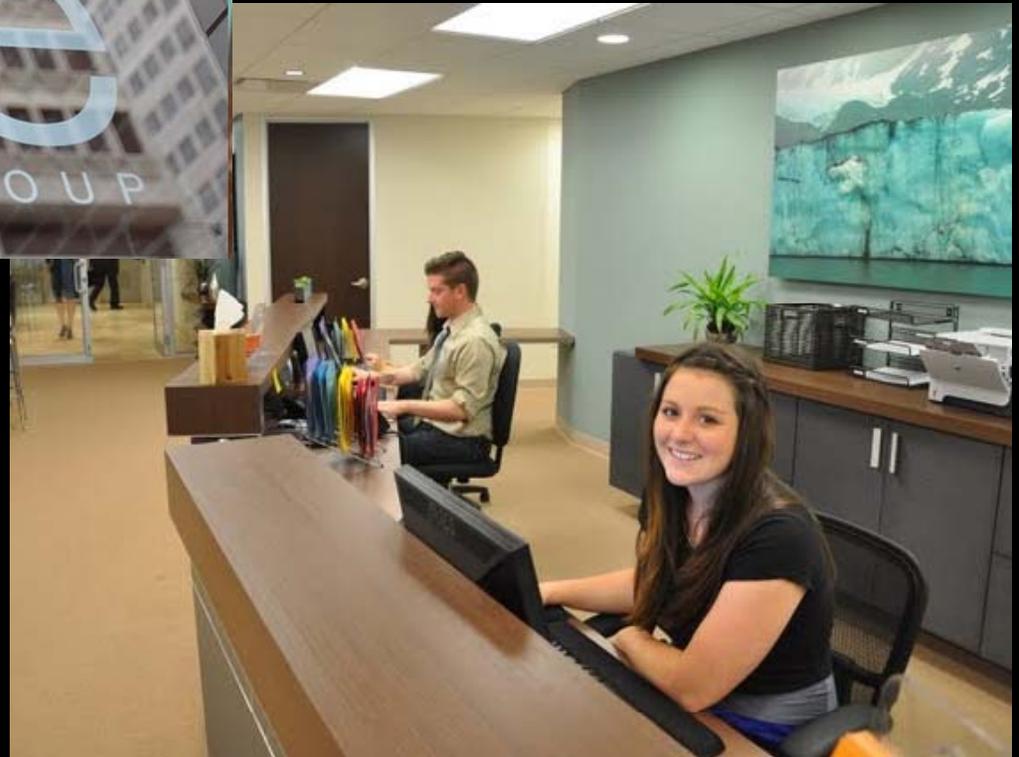
About One Medical Group

Basic Principles of Design

- **Care designed around the patient**
- **Administrative/structural support for the provider**
- **Technology infrastructure to support better process**

Service Offering

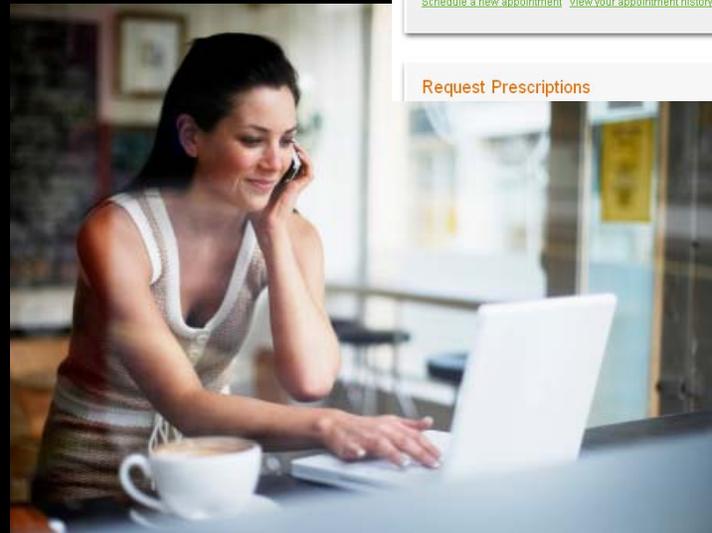
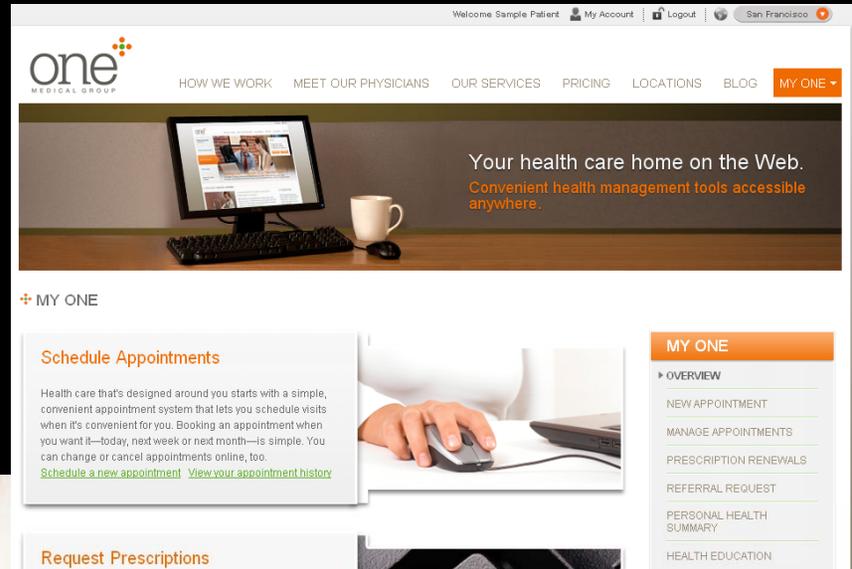
- **Same-day appointments**
- **Longer visits that start on-time**
- **Email and phone access to your physician**
- **Online tools and content to support your health**
- **Accept most forms of health insurance**





The New York Times





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LIVE WELL

The Best Sun Protection Plan for Rain or Shine



Q What does SPF mean? Does a higher SPF mean better sun protection? A SPF stands for Sun Protection Factor and refers to the theoretical amount of time you can stay in the sun without getting sunburned. For example, an SPF of 15 would... [read more >](#)

Steven Chang, MD April 5, 2011

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While the origin of the term "charley horse" is unclear, its meaning is all too familiar: a sudden, involuntary spasm or cramp of a large muscle, typically occurring in the... [read more >](#)

Steven Chang, MD March 23, 2011

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