

AFTER VISIT SUMMARY

Jianfeng Ren MRN: 25521758 DoB: 10/14/1977

8/4/2025 4:00 PM UCSD KOP Urology 858-657-7876

Instructions from Kerry Paulson, DNP

Your personalized instructions can be found at the end of this document.



Physical Therapy - Outside (Non-UCSD)

Multiple visits requested

Your physician has referred you to the Physical Therapy department. Please call the number or one of the numbers at the locations listed below to schedule your appointment. If you have an HMO insurance, you will need authorization prior to scheduling your PT visit to ensure you are referred to an in-network provider.

Physical Therapy phone numbers:
Rehab United Physical Therapy - 3959 Ruffin Rd Suite J, San Diego, CA 92123. Tel: 858-279-5570

What's Next

You currently have no upcoming appointments scheduled.

Patient Demographics

Address	Phone	E-mail Address
13554 Golden Cypress Place	858-603-9367 (Home)	jxr041100@gmail.com
SAN DIEGO CA 92130	*Preferred*	
	858-651-0352 (Work)	
	858-603-9367 (Mobile)	

Today's Visit

You saw Kerry Paulson, DNP on Monday August 4, 2025 for: Follow Up. The following issues were addressed: Urinary frequency and Weak urinary stream.



Blood Pressure
129/92



BMI
25.06



Weight
160 lb



Height
5' 7"



Temperature (Temporal)
97 °F



Pulse
83



Respiration
16




Oxygen Saturation
95%

MyChart

View your After Visit Summary and more online at myucsdchart.ucsd.edu. If you need help with your MyUCSDChart account, our Customer Support team is available 24/7 at (619) 543-5220.

Your Medication List as of August 4, 2025 4:40 PM

 Always use your most recent med list.

	Morning	Afternoon	Evening	Bedtime
tamsulosin 0.4 MG capsule Commonly known as: FLOMAX tamsulosin 0.4 mg caps				

Medication Refill Requests

Please contact your pharmacy to see if you have refills remaining on your prescription. If no refills are available, allow 3 business days for the pharmacy to request additional refills.

You are allergic to the following

Allergen	Reactions
Morphine DROP IN BP, N/V	Other
Morphine Sulfate DROP IN BP, N/V	Other






Insurance Coverage Disclaimer

Please note that any screening tests ordered are recommended, but you must check into your insurance coverage prior to undergoing these tests as your insurance may not cover them in your plan.

If your health care is delivered through a health maintenance organization (HMO), then please get confirmation from our staff of insurance approval before undergoing any tests or receiving care.

Health Maintenance Summary

Full history report not available

Lipid Screening (Every 3 Years)	 Overdue since 3/8/2022
COVID-19 Vaccine (3 - 2024-25 season)	 Overdue since 9/1/2024
General Tuberculosis Screening (Once)	 Never done
Hepatitis C Screening (Once)	 Never done
Universal HIV Screening UCSD	 Never done
Influenza (1)	Next due on 10/1/2025
Shingles Vaccine (1 of 2)	Next due on 10/14/2027
Tetanus (3 - Td or Tdap)	Next due on 1/11/2034
Colorectal Cancer Screening (Colonoscopy - Every 10 Years)	Next due on 3/5/2034
Hep A Vaccine Series	Aged Out
HPV Vaccine <= 26 Yrs	Aged Out
Meningococcal MCV4 Vaccine	Aged Out
Pneumococcal Vaccine	Aged Out

Additional Information

For more information about any of your health conditions, log on to your MyUCSDChart and search our Health Library section or visit our website at myhealth.ucsd.edu.

For resources on:

- How to quit smoking - Kick It California (Smoking and Vaping Cessation): 1-800-300-8086 or visit kickitca.org
- Suicide prevention
 - National Suicide Prevention Lifeline: call 800-273-TALK (8255)
 - San Diego Access and Crisis Line: call 888-724-7240
 - Suicide & Crisis Lifeline: call or text 988, or visit 988lifeline.org
- Interpersonal violence
 - National Domestic Violence Hotline: call 800-799-SAFE (7233), text START to 88788, or visit thehotline.org
 - San Diego Your Safe Place: call 619-533-6000 or visit sandiego.gov/yoursafeplace
 - North County One Safe Place: call 760-290-3690 or visit onesafeplacenorth.org
- Human trafficking
 - National Human Trafficking Hotline: call 888-373-7888, text HELP to 233733 (BEFREE), or visit humantraffickinghotline.org

Prepare For Your Care

UC San Diego Health asks all of our patients to have a voice in your medical care by spending a few moments on <https://prepareforyourcare.org> where you can learn about and complete your advance directives in just a few easy steps.

We're here to help. For billing questions. Call **855-827-3633**, 9a.m. to 6 p.m. Weekdays, or email askus@ucsd.edu

CMS open payments disclosure: The Open Payments database is a federal tool used to search payments made by drug and device companies to physicians and teaching hospitals. It can be found at <https://openpaymentsdata.cms.gov>

Your feedback is important to us

We strive to provide every patient with an exceptional patient care experience. In the next few days, you may receive a paper, email or phone survey about your most recent visit. Your feedback is important to us, and we ask that you please complete this survey to help us improve the experience at UC San Diego Health for all of our patients. You may also call our We Listen line at (619) 543-5678 if you want to share a positive experience you had at our facility or if you have suggestions about how we can improve our services. Please call your physician's office for any medical concerns. **If you have a medical emergency, call 911.** Thank you!

Pursuant to California law, the following notice must be provided to you in a hardcopy format.

Discharge Notice

The University of California San Diego Health offers a range of options for patients who are uninsured and underinsured. These include uninsured discounts, no-interest payment plans, and financial assistance or charity. If you are experiencing financial difficulties, we encourage you to consider applying for Medi-Cal or exploring other government assistance programs. If you do not qualify for these programs, or if you still have significant financial burdens despite having insurance, you may be eligible for our financial assistance program.

You may qualify for financial assistance based on your family size and income, even if you have health insurance. Financial assistance may not cover all health care costs, including services provided by other organizations. Assistance is awarded if you meet the financial assistance guidelines which includes if your household income is 400% or less of the Federal Poverty Level.

How to Apply

To apply for the Financial Assistance Program, you need to:

- Fill out a financial screening form. You can get a copy of the form from our website or by contacting the Financial Assistance Office.
- Provide copies of supporting documents, including proof of income, assets, and liabilities. The Financial Assistance Office can help you find what documents you need.

Discount Payment and Charity Care Policies

View our financial assistance policies and related information at the following website, <https://health.ucsd.edu/insurance-billing/financial-assistance/>

You may also request a copy by calling Customer Service 1(855) 827-3633, Mon-Fri 9 am -6 pm

Shoppable Services

The online tool offers an intuitive way to estimate your out-of-pocket cost of care for common exams, procedures, tests, and services, empowering you to make informed financial decisions about your treatment. The online tool can be found at <https://health.ucsd.edu/insurance-billing/standard-charges/>

Help Paying Your Bill

There are free consumer advocacy organizations that will help you understand the billing and payment process. You may call the Health Consumer Alliance at 1(888) 804-3536 or go to healthconsumer.org for more information.

Hospital Bill Complaint Program

The Hospital Bill Complaint Program is a state program, which reviews hospital decisions about whether you qualify for help paying your hospital bill. If you believe you were wrongly denied financial assistance, you may file a complaint with the Hospital Bill Complaint Program. Go to HospitalBillComplaintProgram.hcai.ca.gov for more information and to file a complaint.

Language Assistance

English	ATTENTION: If you need help in your language, please call 1-855-827-3633 or visit any UC San Diego Health Medical Center location. You can also call 1-855-827-3633 to make an appointment, Monday – Friday, 8 a.m. – 4 p.m., at our Shared Business Office located at 6200 Greenwich Drive, San Diego, CA 92122. People with disabilities who need aids and services, such as documents in braille, large print, audio, and other accessible electronic formats, can request them for free.
Spanish	ATENCIÓN: Si necesita ayuda en su idioma, llame al 1-855-827-3633, o visite cualquiera de las ubicaciones del UC San Diego Health Medical Center. También puede llamar al 1-855-827-3633 para hacer una cita de lunes a viernes, de 8 a.m. a 4 p.m., en nuestra oficina compartida que se encuentra en la 6200 Greenwich Drive, San Diego, CA 92122. Las personas con discapacidades que necesiten ayudas y servicios, como documentos en Braille, letra grande, audio y otros formatos electrónicos accesibles, pueden solicitarlos sin costo alguno.

Vietnamese	CHÚ Ý: Nếu cần thông dịch, vui lòng gọi 1-855-827-3633 hoặc đến bất kỳ địa điểm nào của Trung tâm Y tế UC San Diego. Quý vị cũng có thể gọi 1-855-827-3633 để đặt lịch hẹn, Thứ Hai - Thứ Sáu, 8 giờ sáng - 4 giờ chiều, tại Văn phòng đại diện của chúng tôi tọa lạc tại 6200 Greenwich Drive, San Diego, CA 92122. Hỗ trợ và dịch vụ dành cho người khuyết tật, như yêu cầu tài liệu bằng chữ nổi, chữ in lớn, tài liệu dưới dạng âm thanh, và các định dạng điện tử có thể truy cập khác đều có thể được đáp ứng hoàn toàn miễn phí.
Chinese Simplified	请注意：如果您需要以您的语言获得帮助，请致电1-855-827-3633或访问任何UC San Diego Health医疗中心地点。您也可以在周一至周五上午8时至下午4时致电1-855-827-3633，在位于6200 Greenwich Drive San Diego, CA 92122的共享业务办公室进行预约。需要盲文、大字体、音频和其他无障碍电子格式文档等辅助工具和服务的残疾人士，可以免费索取。
Chinese Traditional	請注意：如果您需要以您的語言獲得幫助，請致電1-855-827-3633或前往任何UC San Diego Health醫療中心地點。您也可以在週一至週五上午8點至下午4點致電1-855-827-3633，在位於6200 Greenwich Drive San Diego, CA 92122的共享業務辦公室預約。需要點字、大字體、音訊和其他無障礙電子格式文件等輔助工具和服務的殘障人士，可以免費索取。
Korean	주의: 귀하의 모국어로 도움이 필요하시면 1-855-827-3633 전화하거나 UC San Diego Health Medical Center에 방문하십시오. 또한 1-855-827-3633으로 전화하여 월요일부터 금요일, 오전 8시부터 오후 4시까지 6200 Greenwich Drive, San Diego, CA 92122에 위치한 공유 비즈니스 사무실에서 예약할 수도 있습니다. 점자, 큰 활자, 오디오 및 기타 접근 가능한 전자 형식의 문서와 같은 지원과 서비스를 필요로 하는 장애인은 무료로 제공되는 지원과 서비스를 요청할 수 있습니다.
Russian	ВНИМАНИЕ: Если вам нужна помощь на вашем языке, позвоните по телефону 1-855-827-3633 или посетите любое учреждение медицинского центра UC San Diego Health. Вы также можете позвонить по тел. 1-855-827-3633 для назначения приёма с понедельника по пятницу, с 8 утра до 4:00 дня в нашем общем деловом офисе по адресу 6200 Greenwich Drive San Diego, CA 92122. Лица с инвалидностью, нуждающиеся во вспомогательных средствах и услугах, таких как напечатанные шрифтом Брайля документы, документы с крупным шрифтом, аудио, и другие доступные электронные форматы, могут запросить их бесплатно.
Arabic	تنبيه: إذا كنت بحاجة إلى مساعدة بلغتك الأم، فيرجى الاتصال بالرقم 1(855) مركز طبي UC San Diego Health Medical Center 827-3633 أو زيارة أي موقع لـ يمكنك أيضاً الاتصال بالرقم 1-855-827-3633 من الاثنين (سان دييغو هيلث UC إلى الجمعة من الساعة 8:00 صباحاً حتى 4:00 مساءً لتحديد موعد لدى مكتب 6200 Greenwich Drive, San Diego, CA 92122. الأعمال المشترك الكائن في تتوفر أيضاً وسائل مساعدة وخدمات للأشخاص ذوي الإعاقة، كالمستندات المكتوبة بطريقة برايل، طباعة بخط كبير، تعليمات صوتية، وغيرها من التنسيقات الإلكترونية القابلة للوصول، يمكنهم طلبها مجاناً.

Haitian Creole	<p>ATANSYON: Si w <u>bezwen èd</u> nan lang ou, <u>tanpri rele</u> 1-855-827-3633 <u>oswa vizite lokal nenpòt</u> UC San Diego Health Medical Center. Ou ka <u>rele tou</u> 1-855-827-3633 <u>pou pran</u> yon <u>randevou</u>, <u>lendi – vandredi</u>, 8è a.m. – 4è p.m., nan <u>lokal Biwo Biznis nou</u> an <u>ke nou Pataj e ke</u> ki w ap <u>jwenn</u> li nan 6200 Greenwich Drive, San Diego, CA 92122. Moun ki gen <u>andikap</u> e ki <u>bezwen èd ak sèvis</u>, <u>tankou dokiman an lang bray</u>, <u>ekriti an gwo lèt</u>, <u>odyo</u>, <u>ak lòt fòm elektwonik aksesib</u>, <u>kapab mande yo gratis</u>.</p>
French	<p>ATTENTION : Si <u>vous avez besoin d'aide</u> dans votre langue, <u>appelez</u> le 1 (855) 827-3633 ou <u>rendez-vous</u> dans un <u>centre de soins de santé</u> UC San Diego Health Medical Center. Vous <u>pouvez également appeler</u> le 1-855-827-3633 pour prendre un <u>rendez-vous</u>, du <u>lundi</u> au <u>vendredi</u> de 08h00 à 16h00, dans <u>notre bureau commun</u> Shared Business Office, <u>situé</u> au 6200 Greenwich Drive San Diego, CA 92122. Les <u>personnes souffrant d'un handicap</u> qui <u>ont besoin de dispositifs d'aide</u> et de <u>services</u>, <u>comme des documents en braille</u>, en <u>police de grande taille</u>, en <u>version audio</u> ou en <u>autre format électronique accessible</u>, <u>peuvent les obtenir gratuitement</u>.</p>

Instructions from Kerry Paulson, DNP

Plan:

1. **Referral to rehab united for pelvic floor therapy with Brynn. Call to schedule at 858-279-5570**
2. **Return in 4 months for follow up visit with NP Paulson**

Kerry Paulson, DNP, NP-C
UCSD Department of Urology
858-657-7876

UC San Diego Moores Cancer Center
3855 Health Sciences Drive
San Diego, CA 92093-0987

UC San Diego Koman Outpatient Pavillion
Department of Urology, Suite 1-200
9400 Campus Point Drive
San Diego, CA 92037-7315

Urology Contact Information:

1. If you have questions or concerns, **please call 858-657-7876** or contact our team via the MyChart portal.
 - For urgent / clinical matters, please call for a timelier response and request to speak with a Registered Nurse.
 - Messages sent on MyChart are for routine non-urgent questions and are usually answered within 3 business days.

Our care team is available Monday-Friday 8:00am-5:00pm. For urgent matters after hours or on weekends, the on-call urologist may be paged though the operator by calling 858-657-7876. For non-urgent matters, please contact during business hours.

2. In the event of a life-threatening emergency, please seek care in the emergency department or call 911.

Urology Call Center / Scheduling Line

Phone: (858) 657-7876

Administrative Assistant: Kayla Lee

Phone: (858) 249-0899

Fax: (858) 249-3850

Social Worker: Jane Reynolds, LCSW

Phone: (858) 657-7360

Financial Counselor:

Phone: (858) 822-7969

Monday-Friday 8:00-4:30 p.m. (Closed Holidays and Weekends)

Please listen to the message carefully for daily information.

Leave a detailed message with your name, medical record number, and telephone number. Messages are usually returned within 24 hours.

UCSD Moores Cancer Center Phone List:

AFTER HOURS / EMERGENCY NUMBER: (858) 657-7000

Ask for the "Urology Resident On-Call". Please be patient, these pages sometimes take as long as five to ten minutes for the physician to answer. If you do not receive a return call in 10 minutes, then call back and ask to have the on-call paged again.

Urology Scheduling Line: (858) 657-7876

Call to schedule, cancel, or reschedule clinic appointments

Infusion Center: (858) 822-6294

Call to schedule, cancel, or reschedule chemotherapy appointments.

Infusion Center Hours: Monday-Friday 7:00-7:30pm / Sat-Sun 8:00-4:30pm

Radiation Oncology: (858) 822-6040

Call to schedule, cancel, or reschedule radiation appointments

Imaging/Radiology: (619) 543-3405

Call to schedule, cancel, or reschedule imaging appointments (MRI / CT/ US)

Bone Scan: (619) 543-1986

Call to schedule, cancel, or reschedule Bone Scans

To help you get the most out of your mychart the following guidelines have been developed. We thank you in advance for your cooperation.

- Mychart messages are not read during nights, weekends, or holidays.
- Mychart message are forwarded by the Nurse to your physician and will be reviewed within 3 business days.
- Please continue using telephone calls for symptoms. Please call our office at **858-657-7876**. Our hours are Monday – Friday 8:00am-5:00pm. For urgent symptom concerns after hours please call **858-657-7000** and ask for the on call urologist.
- Limit the length of your message. If you have several questions please call for an appointment.
- Please check with your pharmacy first for refills.
- Lab results may take up to 7 business days to result.

Additional Resources:

General Urology - urologyhealth.org
Prostate Cancer - pcf.org
Bladder Cancer - bcan.org
Kidney Cancer - kidneycancer.org