

LIFESTYLE Rx

OPTIMAL CARDIOMETABOLIC HEALTH PROGRAM



An introduction to our program

Improving your cardiometabolic health does not have to be difficult. Providence Total Well-being Center believes there's a better way. Our Lifestyle RX: Optimal Metabolic Health Program takes a holistic approach to help patients better understand and manage their condition over time. Good metabolic health decreases your risk for chronic disease, such as stroke, heart disease, and type II diabetes. It can also help your body fight fatigue, improve your mood, and help your body better combat stress.

You will embark on a journey with your primary care provider utilizing a program tailored to fit your individual needs. We will set you up with a road map for success that includes goal setting, health coaching, and stress management.

We will educate you on the basics of cardiovascular health, metabolic syndrome, insulin resistance, understanding the importance of blood sugar balance, how to manage high and low blood sugars, the importance of exercise, stress management, and healthy lifestyle habits. We take a comprehensive approach to your health that includes access to a multidisciplinary team that includes a primary care physician, health coach, behavioral health therapist, acupuncturist and physical therapist.

This program breaks down barriers and identifies new pathways for treatment that will ultimately result in more positive outcomes. Let's start today in getting you to optimal health. Reach out to Tara Miller, Program Coordinator, at 949.250.3737 or by email tara.miller@providence.org.

We look forward to partnering with you for better health!