

Your Dream Team for Better Health

What is Collaborative Care?

In our practice, we use a "team-based" approach to help you get well. Instead of seeing just one person who tries to do everything, you have a dedicated squad of experts working together on your health. By using the **R.O.O.T.S. Method™**, our team ensures that every part of your journey—from your first lab test to your long-term habits—is supported by the right specialist at the right time.

Why This Matters For You

- **More Time and Attention:** You won't feel rushed. While your Lead Practitioner focuses on your medical strategy, your Health Coach and Nutritionist spend more time with you on the "how-to" of daily life.
- **Expertise in Every Area:** You get the benefit of a doctor's clinical mind, a nutritionist's food knowledge, and a coach's support for changing habits. This "360-degree" view helps find answers faster.
- **Better Results That Last:** Research shows that people who have a support team (especially a Health Coach) are much more likely to stick to their plan and reach their goals compared to those going it alone.

What You Can Do Today

1. **Meet Your Squad:** Take a moment to learn the names and roles of your team members. Know that your Lead Practitioner, Coach, and Coordinator meet regularly to discuss your progress.
2. **Use Your Health Coach:** Don't wait for your next "big" doctor appointment to ask questions about food or stress. Your Health Coach is your best resource for making the plan work in your real, busy life.
3. **Reach Out Early:** If you feel stuck with a new supplement or a dietary change, contact your Care Coordinator. They are there to make sure you never "fall through the cracks" or feel confused.

Questions to Discuss with Your Practitioner

- "Based on my goals, which team member should I spend the most time with this month?"

- "How does the team share notes to make sure everyone is on the same page about my care?"
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