

Your Health Team: Working Together for Better Results

What is Collaborative Care?

Collaborative care means that your health coach and your medical doctor work together as a "dream team" for your health. Instead of getting different advice from different people, everyone stays on the same page to make sure your plan is safe, effective, and easy to follow.

Why This Matters For You

- **You Get the Best of Both Worlds:** You receive the medical expertise of your doctor and the personalized lifestyle support of your coach at the same time.
- **Safety First:** By keeping your doctor informed, we make sure that any lifestyle changes or supplements fit perfectly with your medical treatments.
- **Clear Communication:** You won't feel caught in the middle. We use professional summaries to explain your progress to your doctor, which often leads to better support from your entire medical team.

What You Can Do Today

1. **Share the Connection:** Provide your coach with your doctor's contact information. This allows us to send a professional "Collaborative Care" letter to keep them in the loop.
2. **Use the "PARQ" Method:** Whenever we suggest a new lifestyle change or supplement, let's walk through these four steps together:
 - **P (Procedure):** What exactly are we doing?
 - **A (Alternatives):** What are other options (including medical ones)?
 - **R (Risks):** Are there any side effects or "clean-up" reactions to watch for?
 - **Q (Questions):** What else do you need to know before you feel comfortable?
3. **Keep it Professional:** To keep your private health information safe, please send all health-related updates through our secure client portal rather than through text or social media.

Questions to Discuss with Your Practitioner

- "How can we share my functional health goals with my primary doctor so they feel included?"
- "If I see a big improvement in my symptoms, what is the best way to ask my doctor about adjusting my medications?"
- "Can you explain the 'Why' behind this specific recommendation and how it helps optimize my health?"

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