

Your Care Team: More Support for Your Health Journey

What is Team-Based Care?

In our clinic, we believe that "two heads are better than one." Instead of seeing just one person, you are supported by a whole team of experts—including practitioners and health coaches—who work together using a proven step-by-step process called the **R.O.O.T.S. Method™**. This ensures you get more time, more attention, and a plan that is truly personalized to you.

Why This Matters For You

- **More Time to Be Heard:** You won't feel rushed. Our health coaches spend extra time listening to your full story, from your childhood to your current lifestyle, so nothing gets missed.
- **Collective Brainpower:** Even when you aren't in the office, our team meets regularly to discuss your case. You get the combined experience of several experts looking at your health from different angles.
- **Faster Progress:** While a practitioner looks at your labs, a health coach helps you with the daily "how-to" of feeling better. This dual support helps you reach your goals much faster than doing it alone.

What You Can Do Today

1. **Prepare Your Story:** Think about your health history like a timeline. What major events or stressors happened before you started feeling unwell? Sharing these details helps us find the "root" of the issue.
2. **Focus on the Foundations:** Your health coach will help you with simple daily habits like sleep, movement, and stress. Start with one small change this week—these foundations make the "medical" part of your plan work much better.
3. **Ask About the "Matrix":** During your next visit, ask us to show you how we are mapping out your symptoms. It helps to see how your different body systems (like digestion and energy) are all connected.

Questions to Discuss with Your Care Team

- "Who is the best person on the team to talk to if I have a quick question about my daily routine?"
 - "How does the team work together behind the scenes to review my lab results and progress?"
 - "What is the most important 'foundation' (like sleep or food) that I should focus on this month?"
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