

Your Care Team: Supporting Your Journey to Wellness

What is a Care Team?

In Functional Medicine, healing is a team sport. Your care team is a group of dedicated professionals—like health coaches, nutritionists, and assistants—who work together with your practitioner. While your practitioner focuses on the "big picture" of your health, the rest of the team is there to help you handle the day-to-day changes that lead to real results.

Why This Matters For You

- **More Personal Support:** You don't have to wait weeks for an appointment to get a simple question answered. A team ensures someone is always there to guide you.
- **Help with the "How-To":** Knowing *what* to do is only half the battle. Your team helps you with the *how*—like how to shop for new foods, manage your stress, or organize your supplements.
- **Better Results:** Research shows that people who have a support team are much more likely to reach their health goals. You aren't just getting a doctor; you're getting a community focused on your success.
- **A Smoother Experience:** From scheduling your visits to helping you understand your lab results, a team makes your health journey feel organized and stress-free.

What You Can Do Today

1. **Meet Your Partners:** Take a moment to learn the names and roles of the people supporting you. Know who to email for scheduling and who to call when you need a boost of motivation.
2. **Ask for Help Early:** Don't wait until you feel overwhelmed. If you are struggling with a lifestyle change (like a new way of eating), reach out to your health coach right away.
3. **Use the Tools Provided:** Your team has created guides, videos, and checklists specifically for you. These "step-by-step" tools are designed to save you time and keep you on track.

Questions to Discuss with Your Practitioner

- "Who should I contact first if I have a question about my daily routine or supplements?"

- "How can the health coach help me stay on track between our main appointments?"
 - "What is the best way for me to share my wins and challenges with the whole team?"
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