

# Your Care Team: Better Support for Your Wellness Journey

## What is Team-Based Care?

In the past, seeing a doctor often meant working with just one person who was usually very busy. Our practice uses a "Care Team" model (also called a Pod). This means you have a dedicated group—including your practitioner, a health coach, and a support assistant—all working together to make sure you get the time, attention, and expert guidance you deserve.

## Why This Matters For You

- **More Support, Less Waiting:** You don't have to wait weeks for a quick answer. With a health coach on your team, you get high-frequency support to help you stay on track with your daily habits.
- **A Proven Roadmap:** We use the **R.O.O.T.S. Method™**, a step-by-step system that ensures we look at every part of your health—from your initial lab tests to your long-term lifestyle changes—without missing a single detail.
- **Modern Tools for Your Busy Life:** You have access to digital tools and a secure portal. This makes it easy to message your team, view your health plan, and track your progress from your phone or computer.
- **Consistent Quality:** Because our team follows the same high standards, you receive excellent care every time you interact with us, whether you are speaking to the practitioner or the coach.

## What You Can Do Today

1. **Meet Your Coach:** If you haven't already, schedule a check-in with your Health Coach. They are your "lifestyle architect" and will help you turn your doctor's recommendations into easy, daily wins.
2. **Log Into the Portal:** Take five minutes to explore your digital health portal. This is where your R.O.O.T.S. plan lives and where you can find your personalized protocols for sleep, hydration, and nutrition.
3. **Focus on "Sustain":** Look at the "Sustain" part of your plan. Scaling your health isn't about a quick fix; it's about building a routine that lasts. Pick one small habit to master this week.

## **Questions to Discuss with Your Practitioner**

- "How can my Health Coach best support me with the 'Target' phase of my plan?"
  - "What is the best way to use the patient portal if I have a question between our deep-dive sessions?"
  - "How does our team work together to review my progress and update my health goals?"
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