

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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