

STEP 8

In three to four months, clinician assesses the patient to track progress and adjust treatment plan as necessary. Treatment focus may transition to another foundational area of cardiometabolic health at this time.



TRANSFORMING MEDICINE WITH GROUP VISITS



During the initial phase of care, implementing lasting lifestyle changes is essential for improvement of patient health outcomes. Group Visits are a great way to reinforce healthy lifestyle habits and keep patients motivated and accountable prior to one-on-one reassessments. In addition, Group Visits are an effective tool to create better practice efficiencies both financially and clinically. We recommend using the *Advanced Prevention of Cardiovascular Disease* Group Visit Toolkit. You can find this and other Group Visit Toolkit resources at LifestyleMatrix.com



LifestyleMatrix.com



Clinical Implementation Guide



STEP 1 Patient completes the CM Vitals Advanced Cardiometabolic Analysis

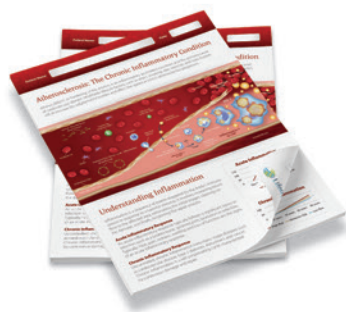


STEP 2 Clinician uses the CM Vitals Inventory Sheet to discuss the basics of heart health and the importance of lifestyle medicine with the patient



STEP 3 A. Clinician and patient identify the area(s) of dysfunction

B. Clinician uses Atherosclerosis and Inflammation or Insulin Resistance Presentation Pads to illustrate factors affecting cardiometabolic health



C. Patient begins initial cardiometabolic health supplements to address dysfunction

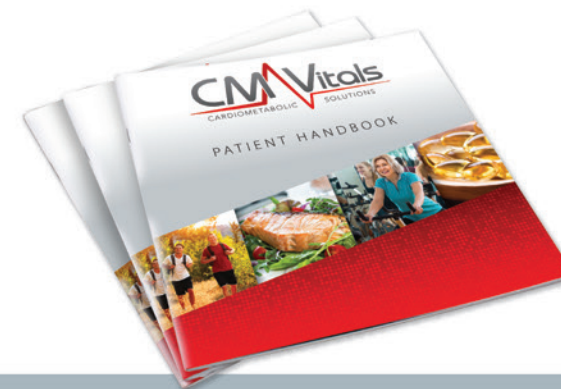


D. Patient watches the CM Vitals Patient Education Video

The CM Vitals Patient Education Video can be used as an outreach tool for both new and existing patients. This video can be used to introduce key concepts to new patients or as a follow-up to the first visit to review important discussion points.



STEP 4 A. Patient receives CM Vitals Patient Handbook



It is recommended that every patient reviews the first chapter of the handbook and the chapter correlating with their area(s) of dysfunction.

- Chapter 1: Understanding Cardiometabolic Risk**
- Chapter 2: Stress and Cardiometabolic Disease**
- Chapter 3: Diet and Cardiometabolic Disease**
- Chapter 4: Environmental Factors and Cardiometabolic Disease**
- Chapter 5: Exercise and Cardiometabolic Disease**
- Chapter 6: Targeted Nutrients for Cardiometabolic Disease**

STEP 5 Patient receives CM Vitals educational exercise and diet videos

- A. Patient watches one exercise video each week for eight weeks in succession
- B. Patient watches two diet videos each week for two weeks in succession



STEP 6 Clinician and patient review pertinent test results and diagnosis. Clinician initiates targeted therapies based on results. For example, if blood test reveals insulin resistance and inflammation, clinician initiates anti-inflammatory and insulin sensitivity protocol with regular exercise and a plant-based Mediterranean diet.

STEP 7 At this time, patients enroll in the **Advanced Prevention for Cardiovascular Disease** Group Visit **SEE THE FOLLOWING PAGE FOR MORE DETAILS**

