

STEP
7

Clinician assesses patient progress and adjusts treatment plan as necessary. Additional lifestyle or dietary recommendations should be provided if needed. Once the lifestyle and dietary changes have been implemented, the clinician should provide another WellMatrix Questionnaire and compare it to the previous score. Lifestyle and dietary changes should be monitored/modified as patient improves vitality and wellbeing.



Nutritional Wellbeing



Physical Wellbeing



Emotional Wellbeing



Environmental Wellbeing



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 The Secret to WellBEing Group Visit Toolkit. You can find this and other Group Visit Toolkit resources at LifestyleMatrix.com



LifestyleMatrix.com



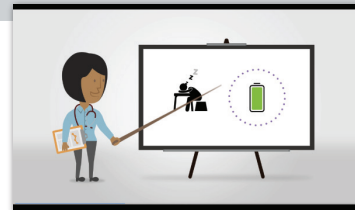
WELL MATRIX

Health Resiliency Program

Clinical Implementation Guide

STEP
1

Patient completes the WellMatrix Questionnaire to assess each of the four markers of wellness and provide a WellMatrix Index.

STEP
2

WellMatrix Patient Education Video

Patient watches the WellMatrix Patient Education Video while the questionnaire is graded by staff or health care provider. This video discusses the journey from disease care to vitality and wellbeing.

STEP
3

A. Clinician starts with the lowest scoring marker and provides the patient with the appropriate WellMatrix Presentation Pad.



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B. Clinician and patient review the questionnaire to identify key markers of focus to initiate treatment:

Testing: Nutrient testing, omega-3 testing and Body Impedance Analysis (BIA) or waist-to-hip ratio

Diet & Supplementation: Vitamin D, multimineral, multivitamin, fish oil, MedDiet

Testing: Overhead squat or Timed Up and Go (TUG) test, inflammatory markers

Exercises & Supplementation: Focused exercises, turmeric, fish oil, bioflavonoids, proteolytic enzymes

Testing: Cortisol Awakening Response (CAR), diurnal cortisol, DHEA-S, melatonin, vitamin D

Interventions & Supplementation: Adaptogens, licorice, phosphatidylserine, B vitamins and vitamin D, magnesium, sleep hygiene, stress management

Testing: Saliva or dried urine heavy metal testing, oxidative stress testing

Diet & Supplementation: NAC, glutathione, methylated B vitamins, vitamins C and E, silymarin, MedDiet

STEP
4

A. Patient is provided the WellMatrix Health Inventory Sheet and the WellMatrix Patient Handbook, with direction on specific chapters to read.



B. Patient is supplied with any necessary testing kits and foundational supplements, and is encouraged to start making positive lifestyle changes.

STEP
5

A. Clinician and patient review test results and plan to initiate targeted therapies and dietary recommendations based on the data collected.

B. Clinician identifies the next lowest marker on the WellMatrix Questionnaire, and further explains these findings using the corresponding WellMatrix Presentation Pad and appropriate chapters in the WellMatrix Patient Handbook. Clinician then initiates targeted lifestyle changes and dietary recommendations for this marker.

STEP
6

At this time, enroll patients in the
The Secret to WellBEing Group Visit.
SEE THE FOLLOWING PAGE FOR MORE DETAILS