



Summus Wellbeing Through Lifestyle Medicine

Personalized virtual journey with high quality health experts

Time for balance?

- ▶ Find your healthy and make life changes
- ▶ Know the foods, exercise practices, sleep techniques, and stress management practices that may work best for you
- ▶ Uncover new motivation and ways to connect in your work and personal life
- ▶ Learn new tools and techniques to manage the risks for chronic conditions

Let us help

- ▶ Summus Wellbeing provides you with practical, sustainable ways to improve your health. We design a personalized program for you based on your unique medical profile, challenges, and goals.
- ▶ Following the 6 pillars of Lifestyle Medicine we explore positive, achievable adjustments to daily habits to help you find your healthy.

The Six Pillars of Lifestyle Medicine



Benefits

- ▶ Confidence in your daily health decisions
- ▶ Increased energy, ability to focus, and productivity
- ▶ Improved weight, blood pressure, and cholesterol levels
- ▶ Strengthened personal relationships and social connections
- ▶ Prevention and reversal of chronic disease

HOW IT WORKS

1. Complete a questionnaire in the Summus platform
2. Get matched with your Summus Wellbeing Advisor within 24 hours
3. Schedule your personalized, one-on-one consultation
4. Discuss your customized plan and wellbeing pathway: one-time consultation or multi-week plan

What's included

- ▶ Personalized action plan for the 6 pillars
- ▶ Fast, virtual access to the Summus Wellbeing team: Summus MDs board-certified in Lifestyle Medicine, registered dietitians, clinical psychologists, social workers, and health coaches
- ▶ Curated digital resources and tips based on your specific challenges and goals
- ▶ Convenient online scheduling
- ▶ Access to our exclusive Master Class series led by leading Lifestyle Medicine physicians that are available to watch at anytime



Dr. Harrison reviewed my current daily routine and made suggestions for the type of eating plan I should work towards. She did not make me feel overwhelmed and with a few adjustments, I quickly experienced a difference in my energy levels and overall health. The consultations have been very informative and are motivating me to stay on track!

Get Started



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