

About UPMC Lifestyle Medicine

Lifestyle Medicine (LM) is a medical specialty that focuses on preventing, better managing, and in some cases, reversing chronic disease. Lifestyle Medicine addresses the root cause of disease by looking at how a person manages their health in six different categories:

1. Sleep (Restorative Sleep)
3. Nutrition (Plant-predominant)
4. Physical activity (Including exercise)
4. Stress management
5. Social connection
6. Substance Use

Why Consider Lifestyle Medicine

Nearly 80% of all chronic diseases (medical conditions present for more than three months that require ongoing medical attention) develop due to lifestyle choices. There are hundreds of chronic diseases (such as high blood pressure, heart disease, diabetes, cancer, obesity) that can be treated or prevented by practicing Lifestyle Medicine. In fact, five of the ten leading causes of death are treatable with behavior and lifestyle changes. Lifestyle Medicine is all about helping a person recognize what behaviors are harmful to health and then developing a plan to work on creating behaviors that are helpful. Behavior modification and lifestyle change requires time, consistency, and support. UPMC Lifestyle Medicine is here to help.

UPMC Lifestyle Medicine Appointments

All UPMC Lifestyle Medicine appointments are virtual/telemedicine.

UPMC Lifestyle Medicine offers individual and group medical visit appointments. Group Medical Visits, a newer way to manage your health, are proven to be effective in supporting behavior change and positively improving lifestyle choices.

Group medical visits create a community where people experiencing similar health challenges can learn from each other. Research shows that group medical visits increase confidence, allow more time to ask and discuss questions, and teach positive ways to successfully improve lifestyle choices. This results in your ability to better manage your health.

UPMC Lifestyle Medicine offers a variety of group medical visits that cover different topics, diagnoses, and categories of Lifestyle Medicine. Some group visits only meet for one appointment while others may include more visits over the span of two or three months.

Accessing UPMC Lifestyle Medicine

All UPMC Lifestyle Medicine appointments are virtual/telemedicine.

UPMC Lifestyle Medicine accepts electronic consults as a referral from medical provider or self-referrals. NOTE: Referrals via electronic consult provider quicker access to Lifestyle Medicine services as medical records are reviewed and referring providers contribute to reason for referral. Self-referrals require a Lifestyle Medicine Assessment as the entry point for services.

- Electronic consultations give permission for a Lifestyle Medicine provider to review a patient chart including labs, diagnostics, and any additional information to assess appropriateness and recommendations for individual and/or group medical visits.
- Electronic consults are consultations that **do not** include a face-to-face or telemedicine appointment.
- This consultation requires medical expertise and will be billed to insurance.
- The referring provider is required to explain the electronic consult process including billing (there may be a financial responsibility by the patient depending on insurance) and receive consent from the patient.
- Patients seeking self-referrals should check with insurance to confirm a referral is not required. Insurance may or may not consider UPMC Lifestyle Medicine a specialty. Please refer to the insurance section below.

UPMC Lifestyle Medicine Services

All UPMC Lifestyle Medicine appointments are virtual/telemedicine.

- Lifestyle Medicine Assessment
 - Individual appointment
 - One-on-one with a Lifestyle Medicine physician or physician assistant
- Group Medical Visits

- Groups may include 8-12+ participants with similar needs.
 - Confidentiality is reviewed at the start of sessions to help everyone feel more comfortable with participation.
- Please view the **Group Medical Visit Information** at the end of this document to learn more.
- Nutrition Services: *Our Lifestyle Medicine team will help determine which dietitian service is best for your needs.*
 - Medical Nutrition Therapy (MNT)
 - Individual sessions with a dietitian to manage chronic conditions.
 - Nutrition Counseling
 - A team approach with a physician/physician assistant and a dietitian or health coach trained in nutrition
 - The Lifestyle Medicine physician/physician assistant will meet with you to discuss your goals and establish your plan of care, which includes nutrition.
 - Our dietitian or nutrition expert will work on this plan of care with you and provide education on healthy food choices, forming healthy eating habits, and more to help you meet your goals.
 - Sessions with the dietitian/nutrition expert may be individual or in a group.
- Health Coaching
 - Coaching is proven through research to effectively manage multiple chronic diseases and can improve blood pressure, cholesterol, triglycerides, body weight, cardiorespiratory fitness, and so much more.
 - UPMCM Lifestyle Medicine uses a team approach: our health coach and a physician/physician assistant partner with you and guide you on your journey of self-discovery. Using skills to help you find the motivation to change your behaviors, this coaching program is all about helping you make decisions that will best support you positively improving your health.
 - Sessions may be individual OR in a small group

Other Important Information

- Any participant in UPMC Lifestyle Medicine **MUST** have an active MyUPMC account.
 - To activate MyUPMC please do one of the following:
 - Go to UPMC.com and search/choose “How to Use MyUPMC”
 - Call 1-866-884-8579
- UPMC Lifestyle Medicine communicates primarily through messaging in the MyUPMC app/browser.
 - Appointments are scheduled by messaging in MyUPMC.
 - Please check MyUPMC messages regularly and consider adjusting notification settings on devices to more easily see alerts.
 - You can call or email UPMC Lifestyle Medicine noting that responses may take 1-3 business days
 - 412-647-8611
 - Lifestylemed@upmc.edu
- Insurance
 - UPMC Lifestyle Medicine recommends checking with insurance providers prior to participating in Lifestyle Medicine services.
 - Some insurance companies will recognize UPMC Lifestyle Medicine as a primary care service, and billing will reflect insurance coverage (co-pays/deductible) for a primary care provider (PCP).
 - Some insurance companies will recognize UPMC Lifestyle Medicine as a specialization, and billing will reflect insurance coverage (co-pays/deductible) for a medical specialist.
 - UPMC Lifestyle Medicine provides detailed information on contacting insurance companies when sending messages to schedule. Please be certain to read the entire message and/or attachments.
 - Detailed information regarding Dietitian Services and checking insurance coverage is provided when scheduling appointments. Please be certain to read the entire message. Diagnosis codes are required when checking insurance coverage and are provided in our messages.

Group Medical Visit Information

Please read about our current group medical visits that are offered on a rolling basis. Please refer to UPMC Lifestyle Medicine Quarterly Calendar to see the current schedule. **NOTE: New topics are added regularly to our programming.**

MIND BODY SKILLS GROUP

This is a virtual series of 4 medical appointments that will cover topics on meditation, soft belly breathing, art therapy, mindful eating, guided imagery, autogenic training, and more. The groups will be conducted by a team of experts selected by Dr. Thompson. If you commit to scheduling these group appointments, we ask that you do your best to be present for EVERY session as your consistent attendance provides the best results.

FOOD AS MEDICINE

THIS IS A SERIES OF 6 MEDICAL VISITS.

Lifestyle Medicine shifts the focus from the doctor treating your symptoms to you taking control of your health by getting to the root cause, which is often found in our lifestyle choices. Our Lifestyle Medicine team can help you recognize behaviors which may be worsening your symptoms and adopt healthier behaviors that can improve your health and how you feel overall. Focusing on high fiber plant-rich nutrition can have a huge impact on your health and can help you prevent, treat and in many cases reverse chronic disease. The program also employs several other pillars of Lifestyle Medicine including physical activity, sleep and stress management to assist you in optimizing your health. Benefits participants have seen range from weight management, lowered blood pressure and cholesterol, improvement or reversal of diabetes and heart disease, increased energy, less pain and inflammation, improved focus and overall increased vitality and confidence in being in control of your destiny. You are receiving this invitation because your health care providers feel you would benefit from such a program.

CULINARY MEDICINE MONTHLY

5:30-7:00 pm

Sept 12	Plant Strong Meal Planning
Oct 10	Simplify Your Life with Meal Prepping
Dec 12	Holiday Treats!

Culinary Medicine is a fancy term to describe blending the art of food and cooking with the science of medicine. Think of these medical visits as an opportunity to check in with the state of your nutrition and touch-base with a Lifestyle Medicine physician to discuss your successes and struggles with cooking. Use food to improve your state of health. Topics include meal planning, meal prepping, and sweet treats (plant-based style). Culinary Medicine is offered once a month.

LIFESTYLE MEDICINE FOR DIABETES

Lifestyle Medicine shifts the focus from treating symptoms to treating the cause of many health problems. Multiple studies have proven that people can treat, manage, and reverse

diabetes with lifestyle changes. If you have been diagnosed with prediabetes or diabetes, this class will provide a foundation to start you on this journey to making these changes.

LIFESTYLE MEDICINE FOR HIGH BLOOD PRESSURE

Lifestyle Medicine shifts the focus from treating symptoms to treating the cause of many health problems. Did you know that the first line treatment for high blood pressure is lifestyle changes? This class will focus on the changes you can make to help reduce your blood pressure and possibly keep you on as little medication as possible.

SLEEP

Sleep is a vital aspect of overall wellness and a common area of health that individuals struggle with. We live in a fast-paced society promoting difficulty with sleep. This group one time group will teach participants the science behind why sleep matters and provide tools to improve this area. The goal is to be able to improve sleep quality and recognize the effects of sleep on health.

STRESS & MIND-BODY MEDICINE

Stress is a vital aspect of overall wellness and a common area of health that individuals struggle with. We live in a fast-paced society encouraging higher levels of stress. This one-time group will teach participants the science behind why identifying stress matters and provide tools to improve this area, including a skill based in Mind Body Medicine. The goal is to be able to identify stress and apply tools to help manage stress on a regular basis.

TEACHING KITCHEN

A teaching kitchen is just what it sounds like: you will learn what to do in your kitchen. This series of Group Medical Visits will help you learn how to approach whole-food plant-based cooking and create better habits for whole body health. Topics include pantry reset, shopping habits (reading food labels), meal prepping with breakfast, lunch, and snack options, and identifying foods best for our gut health. During the groups, participants will learn how to shift their mindset and stress levels with breathwork and mindful eating, set personal goals, and create a better relationship with food.

LIFESTYLE MEDICINE FOR MENTAL HEALTH

Lifestyle Medicine shifts the focus from treating symptoms to treating the cause of many health problems. Chronic stress, depression and anxiety have almost become a norm in our world today. This class focuses on the effects of these

unmanaged conditions and how using the pillars of lifestyle medicine can help you thrive

HORMONE HEALTH

4 APPOINTMENTS

Hormones are chemicals made by our body and affect everything from growth, metabolism, sex, sleep, blood pressure, blood sugar, and so much more. Hormones fluctuate throughout the day and throughout our lives. They even change based on our thoughts and feelings.

Women, given the privilege of aging, will experience many highs and lows related to hormones, including a perimenopausal phase and eventually transition into menopause. In these group medical visits, you will connect with other individuals with questions and concerns about hormones. You will learn what Lifestyle Medicine can do to support our eventual hormone decline as we age and develop an effective toolkit you can use to better balance your chemicals during your busy everyday life.

PREPARING FOR THE HOLIDAYS:

HAPPY & HEALTHY STRESS MANAGEMENT

This consists of two group medical visits.

Some stress is good (motivating), some stress is not (chronic stress leads to chronic disease), and some stress is neutral. This two-part group medical visit will teach WHY it is important to recognize what type of stress is headed our way and how to plan and prepare to manage it. By participating in both sessions, you will see how each of the six categories in Lifestyle Medicine (nutrition, exercise/physical activity, managing stress, restful sleep, positive social connections and relationships, and substance use) are important to help you feel balanced.

DEALING WITH STRESS DURING HOLIDAYS

HAPPY & HEALTHY STRESS MANAGEMENT

This consists of two group medical visits.

The holiday season tends to be filled with all types of stress: the good, the not-so-good, and the neutral. This two-part group medical visit will teach HOW to manage your stress by learning and practicing skills that are proven to help you stay happy and healthy. By participating in both sessions, you will see how to create a Lifestyle Medicine toolkit you can use at any time to better manage your health.

LIFESTYLE MEDICINE FOR DIGESTIVE HEALTH

Lifestyle Medicine aims to treat, prevent, and, in some cases, reverse chronic disease by looking at six categories: nutrition, physical activity, stress, sleep, substances, and socialization. Your daily decisions are your lifestyle choices: what you eat, how you sleep, if you are active, if you connect with people that build you up or bring you down, where your stress goes, and use of substances (nicotine, alcohol, prescriptions or drugs).

Lifestyle significantly influences your digestive health. In this 60-minute telemedicine medical visit, you will meet with a board-certified Lifestyle Medicine physician and a group of participants with similar issues. This is a group medical visit where privacy is maintained, and research shows it is very effective at improving patient outcomes. Together, you will learn some options that, with time and effort, can help make more positive lifestyle choices to improve your digestive situation.

MIND BODY SKILLS MAINTENANCE

This is a one-visit only group medical visit offered to those that participated in the 4-visits Mind Body Skills Group series. This one visit group will allow participants to check-in, discuss successes and challenges with mind-body skills, and learn a new skill. Maintenance groups are a great way to keep you accountable and help you manage your stress, for the health of it.

PCOS: POLYCYSTIC OVARY SYNDROME

The exact cause of PCOS is not clear. Many women with PCOS have insulin resistance. This means the body can't use insulin well. Insulin levels build up in the body and may cause higher androgen levels. Obesity and stress can also increase insulin levels and make PCOS symptoms worse. PCOS may also run in families. The good news is your genes are not your destiny and lifestyle changes can improve PCOS. The PCOS group medical visits consists of 4 medical appointments. Topics covered will include, but not limited to weight gain, nutrition, movement, sleep, irregular menses, infertility, excess or thinning hair, skin changes, acne, cyst formation, mood changes and stress management, life balance, herbs, supplements, and sleep.

MIND BODY SKILLS FOR MENS HEALTH

A group for men can help men feel more comfortable being self-aware and expressive. A psychologist specializing in men's health, Dr. Fred Rabinowitz, notes that since many men tend to hide their more vulnerable selves in everyday life, participating in a group focused on being open about anxiety, fear, desires, and frustrations can be liberating. Research suggests that many men have more difficulty finding friendship as they age. While informal men's groups might occur through participation in sports such as golf, poker, or tennis, these groups do not necessarily fill the void of sharing what is really going on in one's life. Learning mind-body skills and participating in group visit communication goes beyond talking about sports or external events. In groups, we can experience a sense of belonging and closeness that reduces isolation, frustration, and depression. The intent is for the group to facilitate freed-up

UPMC LIFESTYLE MEDICINE

UPMC
LIFE CHANGING MEDICINE

energy for life activities and expand the “toolbox” of interpersonal skills.

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