Testimonials

“I learned things about myself that I wouldn’t have learned otherwise, like why I do certain things and what gets in my way.”

“I just want to say thanks to you again. I don’t know how to describe the huge change you brought to me in such a short time...I have a completely different view of myself.”

“She gave me great suggestions on how to deal with my struggles and allowed me to express how I felt every step of the way. She was great!”

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340 | Fax: 323-442-3351
chan.usc.edu/otfp | otfp@med.usc.edu

Lifestyle Redesign®
for
College Students

Building better lives through LIFESTYLE REDESIGN®

USC Chan Division of Occupational Science and Occupational Therapy Faculty Practice

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340 | chan.usc.edu/otfp
**What is Lifestyle Redesign®?**

Our occupational therapists use Lifestyle Redesign® to help people manage daily life more effectively by creating health-promoting habits and routines.

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**How much time will this take?**

Sessions are typically held for 30-60 minutes, one time per week. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

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**How much will this cost?**

If you have the USC Aetna Student Health Insurance, your sessions will likely be covered with a co-payment. You will need a referral from your student health center. Please call for details.

For any other insurance plan, we will do a complimentary benefits check to tell you if your plan covers OT and if any co-pays or co-insurances apply. You may need a referral.

Private pay options are also available.

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**We can help you:**

- Create lifestyle balance
- Manage stress and anxiety
- Improve time management and organization
- Decrease procrastination
- Improve focus and study skills
- Adjust to campus life
- Address social or dating anxiety
- Explore meaningful leisure activities
- Create a restorative sleep routine
- Engage in physical activity
- Develop healthy eating routines
- Improve energy levels
- Manage chronic conditions

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**So how do I sign up?**

**Phone**

323-442-3340

**Email**

otfp@med.usc.edu

**Locations**

**Health Sciences Campus**

1640 Marengo Street, Suite 500

Los Angeles, CA 90033

**University Park Campus**

Engemann Student Health Center

1031 W. 34th Street, Suite 452

Los Angeles, CA 90089

**Telehealth**

Sessions also available online. Please inquire if interested.

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For more information, visit our website:

chan.usc.edu/otfp