Testimonials

“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.”

“I was surprised that by making small changes consistently I could achieve big results.”

“I learned an enormous amount of life-changing information in an atmosphere of acceptance, humor, and professionalism.”

Lifestyle Redesign
for Diabetes

Building better lives through LIFESTYLE REDISEIGN®

USC Occupational Therapy Faculty Practice
Tel: 323-442-3340 | Fax: 323-442-3351
chan.usc.edu/otfp | otfp@med.usc.edu
What is Lifestyle Redesign®?
Our occupational therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

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.

How much will this cost?
We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan, and if any co-pays or co-insurances apply.

For more information, visit our website: chan.usc.edu/otfp

We can help you:
- Understand diabetes and related chronic conditions
- Develop healthy eating routines
- Engage in physical activity
- Manage stress, anxiety, and depression
- Create a restorative sleep routine
- Learn effective medication management
- Engage in self-monitoring
- Create lifestyle balance
- Manage your health while engaging in social and cultural practices
- Engage in meaningful activities
- Increase your energy levels
- Enhance overall well-being

So how do I sign up?
Phone 323-442-3340
Email otp@med.usc.edu

Locations
Health Sciences Campus
1640 Marengo Street, Suite 500
Los Angeles, CA 90089

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.

For more information, visit our website: chan.usc.edu/otfp