

## Testimonials

*“My OT was firm but understanding and truly was able to help me see how I could make lifestyle changes that would reduce my pain and enhance my quality of life! This has truly changed my life. I feel like a new person! Thank you!”*

*“Working with my OT is incredibly personal and the plan for each individual is very individualized. In Occupational therapy, I've learned to conserve my energy and do things differently than I did before – to make different choices.”*

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

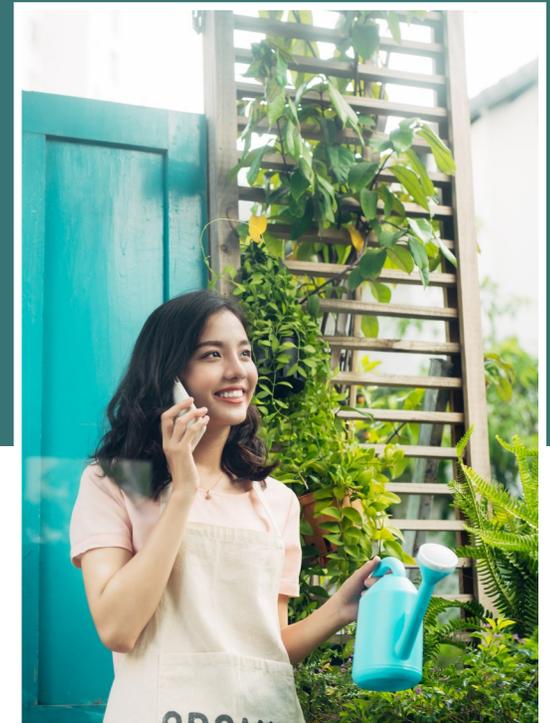


*Building better lives through*  
**LIFESTYLE REDESIGN®**

USC Occupational Therapy Faculty Practice  
Tel: 323-442-3340 | Fax: 323-442-3351  
[chan.usc.edu/otfp](http://chan.usc.edu/otfp) | [otfp@med.usc.edu](mailto:otfp@med.usc.edu)

**Lifestyle Redesign®**  
*for*

**Chronic Headaches**



**USC** Chan Division of Occupational  
Science and Occupational Therapy  
*Faculty Practice*

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## 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.

You may need a referral.

Private pay options are also available.

## We can help you:

- Identify and manage headache triggers
- Create a balanced lifestyle and acquire new healthy habits and routines
- Recognize signs and successfully manage stress
- Identify dietary triggers and keep a regular eating pattern
- Create an ergonomic workspace, car, and home
- Implement energy conservation and pacing techniques
- Establish an exercise routine
- Learn assertive communication strategies
- Modify the environment to address sensory needs



## 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 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](http://chan.usc.edu/otfp)**