

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."

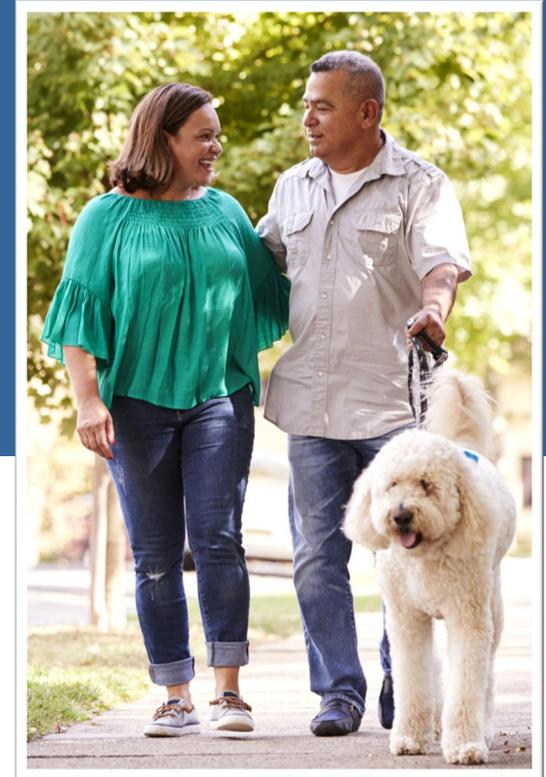


Lifestyle Redesign[®]

for

Diabetes

Building better lives through
LIFESTYLE REDESIGN[®]



USC Occupational Therapy Faculty Practice

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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:

- 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
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**