Testimonials

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

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

“The changes and improvements made have drastically reduced anxiety, stress, and emotional swings. My life is much more full, calmer, and manageable! No more anxiety attacks! I’m very grateful.”

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 manage daily life more effectively by creating health-promoting habits and routines.

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**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.

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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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**We can help you:**

- Create lifestyle balance
- Develop healthy eating routines
- Engage in physical activity
- Create a restorative sleep routine
- Manage stress and anxiety
- Improve time management
- Explore meaningful leisure activities
- Increase self-awareness
- Improve energy levels
- Learn mindfulness techniques
- Improve communication skills
- Learn to prevent or control chronic conditions
- Enhance overall well-being

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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 90007

- **Downtown Los Angeles**
  830 South Flower Street
  Los Angeles, CA 90017

**Telehealth**

Sessions also available online.

**For more information, visit our website:**

chan.usc.edu/otfp