

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.”



Building better lives through
LIFESTYLE REDESIGN®

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

Lifestyle Redesign®

for

Health Coaching



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

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:

- * 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



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**