

Testimonials

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

"My OT was easy to get along with. I felt comfortable talking with her about my weight and other issues. She gave me very helpful advice that I felt comfortable applying to my daily routine."

"My OT was consistent with the program, and kept me on task. She remembered my specific issues and past experiences and made it more personal."



Lifestyle Redesign[®]

for

Weight Management

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

How much time will this take?

Sessions are typically held 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 will perform 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 available.

We can help you:

- * Develop healthy eating routines
- * Engage in physical activity
- * Create lifestyle balance
- * Improve time management
- * Increase self-awareness
- * Manage stress and anxiety
- * Control emotional eating
- * Create a restorative sleep routine
- * Explore meaningful leisure activities
- * Understand food labels
- * Develop strategies for dining out
- * Improve energy levels
- * Learn mindfulness techniques
- * Learn to prevent or control chronic conditions



So how do I sign up?

1

Phone

323-442-3340

2

Email

otfp@med.usc.edu

3

In-Person

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

Telehealth

Sessions also available online.
Please inquire if interested.

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