Lifestyle Redesign®
FOR COLLEGE STUDENTS

USC Occupational Therapists use Lifestyle Redesign® to help people create health-promoting habits and routines, and better manage their lives.

We can help you:
- Create lifestyle balance
- Manage stress and anxiety
- Improve time management and organization
- Improve study skills and procrastination management
- Adjust to campus life
- Address social or dating anxiety
- Create a restorative sleep routine
- Develop healthy eating and physical activity routines
- Modify your environment to support focus, energy, and ergonomics
- Manage chronic conditions

<table>
<thead>
<tr>
<th>How much time will this take?</th>
<th>How much will this cost?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions are typically held for 30-60 minutes, one time per week, in person or via telehealth. However, every person is different, so ask your OT about what frequency of sessions will work best for you.</td>
<td>We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan and if any co-pays apply.</td>
</tr>
</tbody>
</table>

Find out more at chan.usc.edu/otfp
For any questions, email otfp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.