



Lifestyle Redesign[®]

FOR DIABETES MANAGEMENT

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

We can help you:

- Understand diabetes and related chronic conditions
- Develop healthy eating and physical activity routines
- Manage stress, anxiety, and depression
- Create a restorative sleep routine
- Manage your health while engaging in social and cultural activities
- Learn effective medication management
- Engage in self-monitoring
- Create lifestyle balance
- Increase your energy levels
- Enhance overall well-being

How much time will this take?

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.

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 apply.

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.

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