



# Lifestyle Redesign®

## FOR HEALTH COACHING

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

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**Find out more at [chan.usc.edu/otfp](https://chan.usc.edu/otfp)**

**For any questions, email [otfp@med.usc.edu](mailto:otfp@med.usc.edu), call (323) 442 - 3340 or fax (323) 442 - 3351.**

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