Lifestyle Redesign®
FOR HEALTH COACHING

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

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 otpf@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.