



Lifestyle Redesign®

FOR WEIGHT 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:

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

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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