Telephonic Wellness Programs Offered by the Center for Healthy Living

Center for Healthy Living
Purdue West Shopping Center
1400 West State Street
Building B, Suite C
West Lafayette, IN 47907
Call 765-494-0111 to schedule

NOTE: All telephonic interactions are available to patients free of charge. Patient must submit a signed HIPAA privacy agreement and a signed permission form allowing the pharmacist, dietitian, and/or health coaches to email handouts and educational material prior to appointment where personal health information will be discussed with healthcare providers.

**Dietitian:**
- 30-60 minutes
- Dietitian can provide education and diet recommendations for specific conditions or general nutrition education and guidance for a balanced diet.
  - Diabetes
  - Hypertension
  - Hyperlipidemia
  - Renal
  - Gastric conditions
  - Cooking and food safety
  - Pregnancy & postpartum
  - Infant nutrition

**Health Coach:**
**Coaching Consultation**
- 30-60 minutes
- Health coach can facilitate conversation with patient about their goals related to diet and lifestyle factors.
  - Holistic/integrative health coaching (Connecting nutrition and individual's life/lifestyle)
  - Goal setting and implementation
  - Nutrition/healthy eating/whole foods (nonspecific diets)
  - Social connection and community involvement
  - Financial, job skills, social, self-care and wellness education
  - Meditation/general stress management
  - Home cooking and gardening

**Tobacco Cessation Consultation**
- 30-60 minutes
- Health coach can answer questions about CHL's tobacco cessation program and resources available to patient. Health coach can facilitate conversation with patient concerning their goals to quit smoking and implementing other lifestyle factors that may support patient while quitting smoking.

**Pharmacy:**
**Medication Review**
- 30-60 minutes intake appointment and 15 minute follow-up appointment
- Pharmacist can review patient's current medications to discuss interactions, proper usage, and side effects. Patient must provide receptionist with an updated list of medications and dosage prior to review.

**Medication Consultation**
- 30-60 minutes
- Pharmacist can answer patient questions regarding specific prescription medications, possible side effects, interactions, efficacy, and proper usage. Patient must provide receptionist with an updated list of medications and dosage prior to consultation.

**Drug Coverage Inquiries**
- 30-60 minutes
- Pharmacist can answer questions regarding prescription drug coverage for current plan.

**Medication Pricing Inquiry**
- 30 minutes
- Pharmacist can answer questions regarding pricing for medications and prescriptions.