

# Lifestyle Medicine at Home



**Focused on the  
Lifestyle**



**Oriented to the  
Family**



**Based in the  
Home**

## Lifestyle Medicine at Home

### Recruitment

During office visit, enroll highly motivated patients/families



### Prepare for Home Visit

Scheduling/Windshield Survey/Care Utilization Data/HC  
Codes/Benefits



### Complete Home Visit

Aspire Tool/Health Maintenance/Community Referrals/LM Rx/LM  
Equipment/Billing



### Follow-through on Tasks

Case Management Meetings/Education Materials/Future  
Visits/Office Followup



### Collect Feedback and Follow-up



# Family Case



# Lessons Learned

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Explore opportunities to compensate project time

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Collaborate with local community college nursing programs

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Start with your primary care panel

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Continue providing patient care

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One family at a time