

## WELLNESS SOLUTIONS PROGRAM

### Clinical Approach to Health and Fitness

Cedars-Sinai's Wellness Solutions Program offers an innovative array of preventive, diagnostic and therapeutic outpatient services designed to help health-oriented individuals achieve maximum physical functioning and get the most out of daily living.

Unlike sports club fitness plans, the Wellness Solutions Program is clinically based. An integral part of Cedars-Sinai's continuum of care philosophy, the program provides personalized health improvement plans that extend beyond hospital stays and medical treatments – services that help participants gain independence and enjoy a heightened sense of well-being.

Skilled professionals from Cedars-Sinai's Outpatient Rehabilitation Services, the Preventive and Rehabilitative Cardiac Center and Women's Health Resource Center staff the Wellness Solutions Program. These knowledgeable experts have full access to the vast technological and research resources of world-renowned Cedars-Sinai Medical Center.

### Health-Optimizing Services ... All in One Location

The Wellness Solutions Program offers the following services:

- Heart disease prevention for at-risk individuals
- Post-treatment rehabilitation for heart patients
- Exercise programs (including water-based)
- Physical therapy

- Osteoporosis screening and education
- Stress reduction techniques
- Nutritional counseling
- Alternative medicine treatments
- Psychological screening and support
- Risk assessment
- Health evaluations
- Women's health education, assessment and counseling

All services are available in one state-of-the-art location, making regular visits easy and convenient. In addition to daytime appointments, some sessions are available in the evenings or on Saturdays to accommodate patient work schedules.

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### For More Information

To request a brochure, arrange an appointment or receive a Wellness Solutions tour, please contact:

### Wellness Solutions Program

Cedars-Sinai Medical Center  
Mark Goodson Building  
444 S. San Vicente Blvd., Suite 600  
Los Angeles, CA 90048  
Phone: (310) 423-9700  
Fax: (310) 423-9681  
E-mail: [wellness.solutions@cshs.org](mailto:wellness.solutions@cshs.org)  
[www.cedars-sinai.edu/wellness](http://www.cedars-sinai.edu/wellness)

Reduced-rate parking is available with validation. Metered street parking is also an option.

*For general information about other services at Cedars-Sinai, please call 1-800-CEDARS-1 (1-800-233-2771).*

## **For Patients, Staff and Community Residents**

Cedars-Sinai patients, their families and caregivers, as well as Cedars-Sinai employees and physicians are invited to take advantage of this unique, health-promoting program. Services are also available to local residents interested in taking active control of their well-being.

Individuals who are at risk or have heart disease, osteoporosis, cancer, neuromuscular problems, diabetes, ongoing pain and other chronic conditions find participation in this clinically based program a highly beneficial way of enhancing their quality of life.

Some of the Wellness Solutions Program's services require a physician's referral, while many do not. Please check with the Wellness Solutions staff for specifics.

## **Insurance and Payment**

Depending on the individual's medical status and other factors, charges incurred for Wellness Solutions services may be fully or partially paid by Medicare or private insurance plans. Otherwise, fees may be paid by cash, check or credit card (MasterCard, Visa and American Express).