

## Welcome to Our Healthcare Community

Realizing that something needs to change and that your current path won't get you to where you want are the first steps toward achieving better health. We have a proven process that can help you reach your health goals and change your life. Call us at 515-987-4032 or go to [www.phsclinic.com](http://www.phsclinic.com) to request a free consultation.

## Getting Started...

We look forward to getting to know you. We'll begin by walking you through our three-step intake process to achieving better health. This is our three-step approach to establishing a relationship and getting started on your educational journey with us.

### Step 1

Have an initial visit with your PHSC healthcare provider to establish care.

### Step 2

Your PHSC medical provider will establish your baseline health status with a physical or an office visit with lab work. At this point, you will begin your education program setup process with the nutritionist.

### Step 3

You will visit with your PHSC provider to review your current health status based on the results of your lab work and physical and discuss the next steps toward starting the health improvement process. You will then meet again with the nutritionist to finalize your education setup process - you are now up and running!

## Commitment

At Preventative Health Sciences Clinic we are passionate about seeing our patients heal and become healthy. We promise to apply, seek, and provide the most effective tools, learning processes, relationships and technologies to assist them in the healing process.

## Your Next Step is Now

The next step is up to you. Please call us or go online to request your free consultation. We'll talk about you, your health history and current health status and answer all of your questions.

## Community

Group learning brings together those who seek the same thing: a more healthy and enjoyable life. The goal of our programs is to empower you with education so you can make the lifestyle changes that will improve your health and quality of life. The Preventative Health Sciences Clinic community is committed to this goal and is one of our most powerful ways we can help you get the results you desire. Join our health improvement community and become one of many working towards great health!

**Preventative Health Sciences Clinic**

# Lifestyle Education Programs



**Call Now For Your  
Free Initial Orientation**

**Preventative Health Sciences Clinic**

2480 Berkshire Parkway • Clive, IA 50325  
phone: 515.987.4032  
[www.phsclinic.com](http://www.phsclinic.com)

**Holistic Medicine  
Nutrition Development  
Exercise Development  
Health Coaching  
Health Improvement**

**Achieve the Health You Deserve**

*"I have never been to a healthcare facility quite like Preventative Health Sciences Clinic. My experience started with a one-hour free consultation. I decided to begin working with them to improve my health. The outcome was a personal integrated health plan. I am seen as a whole person who is actively involved in my health. I have a primary care doctor who oversees my progress and a team of holistic health practitioners who teach me how to be healthy and stay healthy. I have reduced some medications and am completely off medication in some other areas. I have not felt this good in years and am moving toward the active, healthy lifestyle I came here to find." Debbie*



### Physicians

Throughout your program, you will have your own holistically focused physician here. You have the option of continuing to see your current doctor as well as one of ours, or selecting our physician to be your primary healthcare provider.

Your PHSC provider will work closely with you to help you achieve your goals and get on a path of health and healing. He or she will monitor your progress and work to reduce or eliminate medications through a healthy lifestyle. We specialize in both family and physical medicine with a holistic focus, and this portion of our care is covered by most medical insurance plans.



### Nutritionists and Lifestyle Educators

Our staff will work with you and provide you with tools and materials to develop your nutrition plan and the continued support and education you need to be successful long-term. We will provide you with:

1. Daily guidance and progress tracking.
2. Consistent follow-up on a monthly basis.
3. Access to our entire staff when you have questions and need help.
4. Education on whole foods and nutritional sciences.
5. Education on meal planning, grocery shopping, meal preparation and cooking to help to develop your nutrition skills and create your own in-home plan.
6. Long-distance support, education and follow ups for those not in the Des Moines metro area.

### Health Coaches

The Preventative Health Sciences Clinic is a holistic, integrative medical practice. Our approach encourages you to be actively involved in your healthcare experience. Holistic care addresses soundness in body, mind and spirit. Through health coaching, we help our patients with the mental and emotional aspects of their health in addition to their physical health. We use a variety of safe, non-invasive methods that can help you develop positive beliefs and habits to support your new healthy lifestyle and solidify what you learn forever.



### Personal Trainers and Exercise Development

Once you start your program and complete your first health assessment, we'll work together to establish your initial nutrition plan, which takes about 30 days. Together we'll also customize an exercise plan with your own personal trainer from our clinic. You will learn to implement functional exercises that support your healing process and ongoing health improvement. If your exercise plan is not built specifically for you, it may not be serving your health goals. Our personal trainers and exercise development services include:

1. Evaluation and screening with our physical medicine doctor.
2. Customized functional exercise development process tailored to your current fitness level.
3. Rehabilitation services, if needed, for before starting your exercise plan. This is covered by most health insurance plans.
4. Guidance as you become an expert in your own exercise plan.
5. Focus on core strength, resistance training of all kinds, aerobic exercise, flexibility and functional strength.
6. Personal plan built around your equipment, your exercise center or home. You will learn how to be active and train in any setting.

