

Wellness Consultation



Your Health. Your Choice. Your Path.

Your overall health is the culmination of multiple factors, including being active, getting restful sleep, improving your nutrition and using mindfulness to manage stress. It is important to know exactly where you are in this journey toward wellness and create a plan to achieve healthier routines and lifestyle.

Knowledge is power

Understanding where you are now is the first step. A wellness consultation can help you take a pulse check of your current health status and assist you in reaching your goals toward overall, improved wellness.

Our experienced clinical staff will help you review your areas of strength as well as areas which may need improvement. Our bariatrician (a doctor who specializes in weight management and health) will review your medical records to provide suggestions on labs and testing which can be completed with your primary care physician. At the end of the consultation, an overall assessment will be provided of your current health status.

What happens next?

The wellness consultation will help you create goals and a plan to help improve your wellness in all the areas outlined above. You can choose from options which may be best suited for you:

- Do it yourself using online resources to assist you in starting changes on your own.
- Work with the Memorial Weight Loss & Wellness Center team for a supportive and individualized plan based on your goals.

Memorial EAP is available 24 hours a day 7 days a week | 217-788-9345 | [ChooseMemorial.org/MemorialEAP](https://www.choosememorial.org/MemorialEAP)

Comprehensive. Caring. Confidential.

