



LIFESTYLE MEDICINE



LEXINGTON
MEDICAL CENTER



What is lifestyle medicine?

Lifestyle Medicine is an evidence-based program that helps you adopt and maintain behaviors to improve your health and quality of life. A certified lifestyle medicine provider partners with your primary care provider and/or specialist to personalize lifestyle changes that focus on healthy eating, physical activity, sleep, stress management and social interaction.

If you would like to participate, ask your physician to refer you to the Lifestyle Medicine program. In-person appointments are available at Lexington Family Practice Summit, or you can request a video visit.

Who benefits from lifestyle medicine?

Everyone can benefit from lifestyle medicine because unhealthy lifestyle choices are responsible for 80 to 90% of chronic disease, such as:

- Overweight and obesity
- High blood pressure
- High cholesterol
- Diabetes
- Heart disease
- Kidney disease
- Inflammation
- Joint pain
- Sleep apnea
- Certain cancers

Lifestyle medicine can also help patients prevent chronic disease and achieve their wellness goals regardless of their current health.

What happens at a lifestyle medicine appointment?

Our certified lifestyle medicine provider reviews your current medical history and any treatments, including medications, tests and lab results. We work with you to discuss your goals for your overall health and talk in depth about your lifestyle. At the end of your appointment, you will have a personalized plan to make changes and reach your health goals.

Frequently Asked Questions

1. How long will I participate in the Lifestyle Medicine program?

Be prepared to participate weekly for the first several months. Regular contact with our team helps you be more successful with lifestyle changes.

2. Do I need to change my primary care provider?

No. We partner with your current primary care provider and/or specialist.

3. What is the goal of this program?

Our primary goal is to help optimize your overall health and lower your risk of complications from disease.

4. Do you accept insurance?

Yes. We accept the same insurance plans as Lexington Medical Center. For details about coverage, contact your insurance company.

To schedule an appointment, please call **Lexington Family Practice Summit at (803) 382-2450** or talk to your primary care provider.



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