

# Care and Support Tailored for You

At Blue Zones™ Health, our goal is to help you feel your best—physically, emotionally, and socially. Here's how we support you:



**Whole-Person Primary Care:** Our doctors look beyond symptoms to understand what truly helps you feel well and stay well. Specialists reinforce this approach to ensure your care is complete and coordinated.



**Well-Being Advisor:** A dedicated personal health guide and advocate who helps you access the right services, resources, and support. They stay in touch regularly, getting to know you and building a relationship based on trust and understanding.



**Health Coaching:** Our health coaches provide guidance and encouragement to support meaningful, lasting changes to improve your health, often in a group setting to offer motivation and connection with others like yourself.



**Nutrition Support:** Registered dietitians help you create practical, personalized meal plans to support better energy, diabetes, heart health, weight management, and more.



**Therapy for Daily Strength and Mobility:** Physical and occupational therapists work with you to build strength, reduce pain, improve movement, and maintain your ability to do the things you enjoy.



**Well-Being Programs Near You:** Enjoy activities like cooking demos, walking groups, gentle movement classes, relaxation sessions, and social gatherings—designed to keep you engaged, active, and connected.



**Doctor Prescriptions in the Community:** When your doctor recommends a program or activity, we help you find trusted options in your own community that support your health and well-being.

At Blue Zones Health, we don't just treat illness  
– we help you live your best life.



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