



WELLNESS INSTITUTE

Wellness Primary Care

Integrative medicine treats the whole person through a blend of Eastern and Western medicine, and complements traditional care. Integrative medicine supports the body's natural ability to heal itself, and scientific studies prove that it works.

In the Wellness Institute, we believe you can achieve optimal health when you engage in your own healing. Our goal is to empower you to make lifestyle changes and to incorporate integrative medicine services into your care to restore your health and well-being.



What are wellness primary care physicians?

Wellness primary care physicians are doctors who complete medical school, then receive three years of formal training in screening, diagnosing and treating acute and chronic health conditions. They are trained to work with patients of all ages throughout life, and have expertise in:

- Asthma and allergy care
- Care for bone and joint diseases
- Diabetes care
- Hypertension and high cholesterol management
- Care for mental and behavioral health issues such as anxiety, depression, substance abuse and insomnia
- Obesity management
- Care for skin conditions
- Well-woman care, reproductive counseling and family planning

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Wellness primary care physicians are also educated in complementary treatments for chronic illnesses and in treating symptoms like fatigue, insomnia, nausea, pain, anxiety and stress.

Why should I consider a wellness primary care physician?

You may wish to see a wellness primary care physician if you want to take a more holistic approach to your health or if you are having problems tolerating medicine. When appropriate, our physicians can help to limit the role that medications play in your care.

Wellness primary care physicians help you enjoy a better quality of life by addressing the key components of health and focusing on lifestyle changes, such as diet and exercise, to prevent future illness. By collaborating closely with other experts in our center, they can also provide you with a broader spectrum of treatment options.



What can I expect from a wellness primary care visit?

Our physicians will evaluate your health concerns, assess your symptoms and order any necessary tests in order to determine the root cause of your condition. We will then create a personalized treatment plan based on your health history, family history and symptoms.

We may recommend nutrition therapy, dietary supplements, herbal medicine and/or vitamins in addition to your medications. If we determine that you will benefit from integrative medicine therapies, we may also refer you for:

- Acupuncture
- Chinese herbal consult
- Chiropractic care
- Holistic psychotherapy
- Hypnotherapy
- Massage therapy
- Reiki
- Yoga

Our wellness primary care physicians will schedule periodic follow-up visits to track your progress. If your health condition requires care from other specialists at Cleveland Clinic, we will be there to guide you and coordinate all of your care, especially when you need to see several specialists.

Are wellness primary care visits covered by insurance?

Yes, wellness visits are covered by insurance. Please check with your insurance provider if you have questions. Integrative medicine therapies may require prior authorization or may be self-pay.

For information on all of our Wellness Institute services, please visit clevelandclinic.org/wellness.

To schedule an appointment with a wellness primary care physician or other integrative medicine experts, contact the Tanya I. Edwards, MD Center for Integrative and Lifestyle Medicine at [216.448.HEAL\(4325\)](tel:216.448.HEAL(4325)).