

Meet Patricia

- Recently retired from stressful job / prioritized her career and family over her health. Recently, she excitedly became a grandmother.
- Recent diagnosis of type 2 diabetes and hypertension - lead to anxiety and fear
- Decided to begin to take charge of her health but is feeling overwhelmed and unsure of what she should do
- Also seeking social interactions now that she is retired
- Booked a free consultation with This Is Healthful and signed up as a Personal Health Member

Health Intake with Nurse

Reviewed medications and how to self-monitor blood sugar and blood pressure. Will schedule a Check-In with the nurse every 2 weeks to monitor these vitals

STEP 01



STEP 02

Nutrition Check-In with Dietitian

Discuss how to better manage her blood sugar and blood pressure through healthy eating. She learns about the impact of the glycemic index, and salt.

Physical Activity Check-In with Kinesiologist

Discuss the impact of physical activity on blood sugar and blood pressure. A foundation exercise program is created based on her abilities and goals.

STEP 03



STEP 04

Mental Hygiene Check-In with Occupational Therapist

To relieve some anxiety associated with her recent diagnosis, she learns how to better manage stress through techniques such as mindfulness.

STEP 05

Feel Confident!

- Confident in her healthy lifestyle choices and no longer feels overwhelmed!
- Understands and knows what she must do to live the healthy lifestyle she desires
- She enjoys the community at TIH and has made many new friends.
- With the TIH team behind her, she has the support to succeed and enjoy quality time with her grandchildren!

