



## WHAT IS INTEGRATIVE HEALTH AND MEDICINE?

Integrative Health and Medicine focuses on the health and wellness of the whole person — *mind, body and spirit*. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being, and understands that the provider/patient relationship is a vital component in the healing process.

Through personalized care, Integrative Health and Medicine goes beyond solely treating symptoms of an illness or managing chronic disease but rather through a combination of conventional medicine and other healing therapies. It seeks to optimize health over one's lifespan addressing the unique circumstances of the individual through evidence-based practice.



## ABOUT MERIDIAN INTEGRATIVE HEALTH & MEDICINE

Meridian Integrative Health & Medicine approaches care and service from our five pillars of health and wellness.

**SLEEP:** Quality and quantity of sleep is essential for the body and brain to heal, repair, and prepare for the next day. Sleeping disorders or not getting enough sleep can lead to many chronic illnesses such as heart disease and diabetes.

**ACTIVITY:** Physical activity is fundamental to the circulatory and respiratory systems and produces bio-chemicals such as endorphins that promote positive emotions and brain functions.

**PURPOSE:** A sense of purpose is that which gives meaning to one's life.

**NUTRITION:** Food is the fuel for which our mind and body function. We believe that proper nourishment help to keep people sustained through life's challenges.

**RESILIENCE:** The ability to "bounce back" and adapt to adversity are the skills needed to respond to stress in order to thrive versus survive.

## SERVICES

An initial consultation with an Integrative Medicine Physician or Nurse Practitioner is highly recommended. This consultation will provide a comprehensive assessment of your current medical and health concerns, and will review our five pillars of health and wellness to ensure that your whole health is addressed. From this initial consultation you will be guided in a customized treatment plan that may incorporate other vital care and services to help you move towards optimal health and well-being. These may include:

- Acupuncture
- Health psychology
- Classes and workshops
- Massage therapy
- Community events
- Movement therapy (yoga, tai chi, qigong)
- Health coaching
- Nutritional counseling

Insurance coverage for our services varies by insurance plan. Please verify with your insurance provider on services covered. To schedule an appointment, please call **732-994-7855** or visit **MeridianIntegrativeMedicine.com** for more information.

## Meridian Integrative Health & Medicine

Now part of the Hackensack Meridian Health family

Integrative Health & Medicine at Meridian Health Village in Jackson  
27 South Cooks Bridge Road, Suite 2-3, Jackson, NJ 08527. **Mondays - Fridays, 8:00 a.m. - 5:00 p.m.**