

Free program to help Tulane faculty, staff reach health goals

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The Tulane Living Well Clinic, located in the School of Medicine, is open to all faculty and staff.

New Year's resolutions can be hard to follow - especially in New Orleans, where the start of Carnival brings king cake just days after the holiday season ends. The Tulane Living Well Clinic is launching a new program to help Tulane University faculty and staff meet their health goals in 2019. The program is complimentary and offered as a benefit by the Human Resources Department.

The new Metabolic Care Program involves a 360° systematic view with engagement in one or more activities that include eight targeted interventions that have been proven to help people improve their health outcomes:

1. Health Coaching
2. Dietary Counseling
3. Exercise
4. Dietary Counseling with Meal Replacement Therapy (meal replacement via Health One)
5. Cognitive Behavioral Therapy
6. Medications to Manage Weight
7. Diabetes Prevention Program (access via the YMCA)
8. Bariatric Surgery

Consultation and guidance are offered at the Tulane Living Well clinic located in the School of Medicine. A personalized plan will be created for each person who participates in the program.

Tulane Living Well is a benefit designed to help improve the health of Tulane employees as well as provide convenient and efficient access to urgent care services. The clinic will continue to offer no cost appointments for range of services including acute care, urgent care, flu shots, dietary counseling, health coaching and behavioral therapy.

To schedule an appointment, call 988-4325 (HEAL) or visit [Healow.com](https://www.healow.com) if you are an established patient of the clinic.