

Healthy Lifestyles is a program offered by Mosaic Medical Center – Maryville to help people of all ages and sizes to achieve an improved quality of life through medical nutrition counseling, teaching and lifestyle changes.

The program developed through Healthy Lifestyles provides an individualized, patient-centered health care provider-guided approach to weight management.

Comprehensive Plan for Treating and Caring for Excessive Weight

This program is right for you if you have excessive bodyweight.

Additional bodyweight increases your risk for developing more than 60 different chronic diseases such as:

- High blood pressure
- High cholesterol
- Sleep apnea
- Diabetes
- Heart disease
- Some cancers

Weight loss is the first line of treatment for many chronic disease.



2016 S. Main St.
Maryville, MO 64468

Form# 6259
07.08.19



Healthy Lifestyles

*Personalized Weight
Management Program*

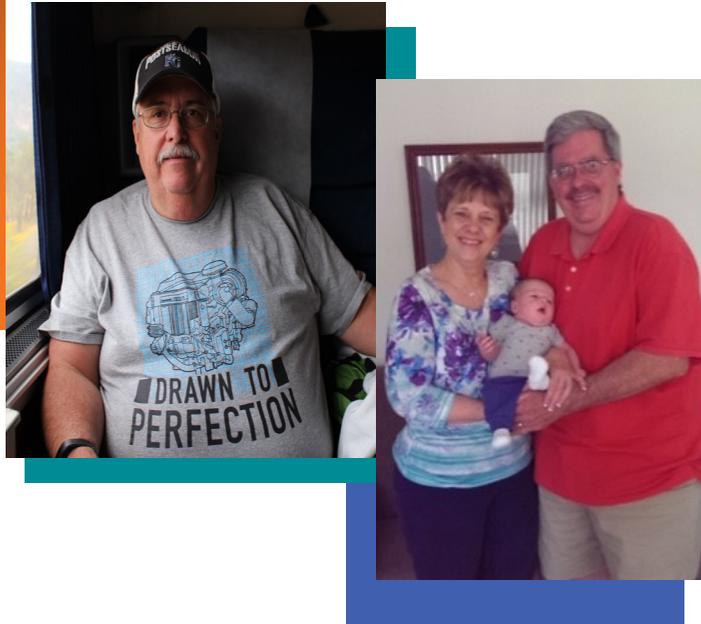


myMosaicLifeCare.org/Maryville

The MedGem provides patients with a caloric recommendation.



Success Stories



Brothers Gary and David Howell successfully lost a combined total of 160 pounds with the help of Healthy Lifestyles nurse Gina Mackey, LPN and program director Martha Mustion, APN.



Get Started Today

Talk to your health care provider or call to request a Healthy Lifestyles questionnaire.

Upon returning the completed questionnaire to Healthy Lifestyles, staff will contact you to schedule your appointment.

After receiving your MedGem assessment, future appointments will be scheduled on a weekly basis to discuss your food journal, eating habits, successes and challenges.

If the individual plan is not right for you, we can also offer a MedGem reading only, which provides you with a caloric recommendation that you can follow independently.

Metabolism Matters

Your metabolism is the total number of calories burned each day. Metabolism is comprised of normal body functions and daily physical activity. Since metabolism is an essential component to weight management, each individualized plan is designed around your own personal metabolic needs. Your basic resting metabolic needs will be measured using a device called the MedGem. This measurement gives the health care provider the exact physiological needs of your body and a program can be designed specifically for you.

Before your MedGem assessment:

- Food, caffeine and exercise must be avoided for four hours prior to the test
- No smoking for one hour prior to the test.

If you have questions or for more information, please call 660.562.2525.