

## HEALTH & WELLNESS COORDINATOR

The Health & Wellness Coordinator at Spine provides ongoing coordinated support to patients specifically to address needs in the holistic arena of health and wellness. This role highlights Spine West's mission of treating the whole person, validates each patient's unique needs, and adopts the biopsychosocial model of chronic pain treatment and holistic healthcare.

Currently, Sue Griffith coordinates Health and Wellness for our team. Sue's experience includes 36 years as a primary care provider, the last 24 years in Boulder Creek Family Medicine at Boulder Community Health. Her knowledge and experience meets the needs of caring for our patients and also addresses lifestyle elements that impact health. Spine West's patient-centered approach to care will help improve foundations of overall health and wellness.

### Health & Wellness Interventions

- **Nutrition Optimization** Specialized nutrition counseling for weight management, muscle strengthening and reducing systemic inflammation. Tailored guidance to fulfill protein and fiber needs for the aging adult, Assist in referrals to weight loss programs and dieticians.
- **Exercise and Movement Counseling** Personalized exercise and movement counseling to help patients establish and maintain a sustainable exercise program. Resource navigation to classes, gyms and other community activities.
- **Sleep Management Intervention** Thorough assessment and intervention for addressing sleep deficits. Review of sleep hygiene practices to enhance sleep quality. Identification of patients requiring expertise of sleep specialists.
- **Mindfulness Practices** Guidance on incorporating mindfulness practices to effectively reduce stress and enhance mental well-being.
- **Individualized Support** Ongoing support and education tailored to the unique needs identified by both the provider and the patient.

Visits are 45 minutes in length and billed to private insurance, Medicare and Medicaid as medical visits (based on time). Work is in collaboration with the patient's Spine West provider with the goal of supporting the current treatment plan.

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