



Did you know...

- Asthma is a leading chronic illness among children and youth in the United States. In 2007, 5.6 million school-aged children and youth (5-17 years old) were reported to currently have asthma and 2.9 million had an asthma episode or attack within the previous year.
- Obese youth are more likely than youth of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.

*Center of Disease Control & Prevention
6/3/2010

Testimonial

Val, a mom says: *"I felt very fortunate to have available to me and my daughter the professional team that has made such a difference in our lives. The expertise and motivation that was provided each week was outstanding. I felt very fortunate to be surrounded by so many knowledgeable professionals who were truly dedicated to our success with the programs. Every week was educational, motivational and gave me the tools to help my daughter...The help that has been offered will truly change the lives in our family."*

Brittany age 9 says: *"My favorite parts of this program are learning so much, the fact I feel I am getting healthier and making so many friends that are dealing with what I'M DEALING WITH. Usually I don't like going out places, but I LOVE coming here! I LOVE this program. Keep it going!"*

**For further information about our programs, please call
866-648-3265**



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Chronic Care  Travel Team
Kids & Teens

Community Care Travel Team for Kids & Teens



**Programs that guide parents
and their children on how to
live a healthier lifestyle.**

*Medical Network One...offering customized
healthy-living programs to physician practices,
businesses, local organizations and individuals to
build healthier communities.*



What to expect from the programs...

A lifestyle solution for children and their families that helps empower them to learn and use basic and easy-to-understand skills about living a healthier life.

The code to a healthier you:
5— eat at least 5 fruit and vegetable servings per day.
2— no more than 2 hours of screen time per day.
1— at least 1 hour of physical activity per day.
0— zero servings of sweetened beverages daily.

- American Medical Association

How do the programs work?

- The child's medical provider completes a referral form after performing a physical exam.
- Individual assessments are then scheduled with a registered nurse, registered dietitian, exercise specialist and wellness coach.
- The assessments may be done by a travel team in the child's medical provider office or at an offsite center.
- Individual 30 minute sessions may continue with the clinicians or the child may be referred to R-TEAM (Reshaping Thru Exercise, Attitudes and Meals) for group sessions.
- At the R-TEAM, the child and parent/caregiver will attend group sessions. Knowledge will be enhanced through fun and games with practical and hands-on group participation.



What will the programs provide?

The programs will provide individualized, long-term goals and a continuation plan to follow upon completion of the program.

Information will also be provided about:

- Basic food groups
- Correct portion size
- Meal plans
- Exercise Plans
- Setting Goals
- Action Plans
- Asthma control

