

Information sheet for Patients

**What is Raining on Your Family's Health?
We Can Help!**

Call Today!

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Telemedicine support!

Dr. Patricia's Health Club has a 91% success rate of treating and preventing nutritional issues for children. We offer convenient telemedicine for one on one and group care visits (offered 5 days a week). Services offered include the following:

- 1. One on One Visits**
- 2. Group Visits**



Free Online Resources!

Fun tips, recipes, and activities!



Dr. Patricia MD
www.DrPatriciaMD.com

Health blogs, nutritious recipes, and resources for families to live healthier lifestyles.



Being Healthy From A to Z
www.DrPHC.org

As seen on PBS SoCal! Being Healthy from A to Z is our program for children aged 3-7 years old and children with special needs.



What to Expect...

One on One Visits!

Consists of 9 visits with a multidisciplinary team who will help you and your family's specific needs. Our one on one visits are covered by CHA, FC, and CCN as well as PPOs.

- **Help with nutrition-related issues**
- **Introduction to healthy habits and how to implement them into daily life**



Interested in signing up? Use this QR code to fill out a short referral form for our program!

Group Visits!

12 weekly virtual nutrition and exercise classes. Through our classes, you and your family will learn nutrition label reading, the 5 food groups, the importance of getting an adequate amount of sleep, tips on limiting screen time, various exercise techniques, and more!

Program Requirements

Include:

- **>85 % BMI percentile**
- **Children aged 5-18**
- **CalOptima**

Being Healthy From A to Z: DrPHG.org

Access our on demand digital resources for children aged 3-7 years old and children with special needs! As seen on PBS SoCal, Being Healthy from A-Z features Dr. Patricia and a flock of feathered friends who use the letters of the alphabet as inspiration to promote overall health.

Parent Tips

A-Z Recipes

A-Z Workbooks

Schools and School Districts that have used our program:



Fun, Printable Place Mats for Meal Time

Dr. Patricia MD DrPatriciaMD.com

For free nutritious recipes, tips, health articles, and fun activities for your family to stay healthy, visit DrPatriciaMD.com.

