

4th International conference on

PREDICTIVE, PREVENTIVE AND PERSONALIZED MEDICINE & MOLECULAR DIAGNOSTICS

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Personalized Care – Lifestyle Medicine – Technology . . . The right fit for any practice model

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Modifiable personal lifestyle factors play a significant role in optimal health. The incorporation of a “practice-matched” Lifestyle Medicine plan is not only essential but also necessary for an effective patient centered model. With the inclusion of the proper technology, this key component can easily be implemented within any practice. Furthermore, this modifiable, patient centered programming maximizes lifestyle behavior change to support the fundamentals of personalized care. Overall, practitioners will learn how to seamlessly incorporate and effectively use the right program matched technology. Additional highlights will include understanding the Lifestyle Program continuum, identifying the level of programming that best fit your practice, learning the key factors of health related Lifestyle Medicine Programs, identifying the best and most practical equipment and testing and identifying technologies that are the most effective within your framework.

Biography

Steven A Feyrer-Melk has received his PhD from Arizona State University in Exercise Science and Wellness and MEd from Bowling Green State University in Human Performance. He has effectively advanced a distinctive and practical approach for implementing Lifestyle Medicine for nearly 30 years, therefore placing him in a class by himself. Capitalizing on his knowhow as the Chief Science Officer for a health tech and app company with world wide reach, he uses his knowledge of leading edge technology so practitioners can effectively and efficiently incorporate Lifestyle Medicine concepts. His methods are data driven to optimize patient care, patient experience and practice success.

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