



ACCOUNTABILITY, TESTIMONIALS, CELEBRATION WALL, WELLNESS NURSE, VITAL SIGNS

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### Accountability

Happy New Year Trinity Patients!! In 2013, hundreds of you were encouraged by your physician or midlevel provider to see one of our wellness providers- midlevel providers who specialize in diet and exercise to help reduce or reverse disease processes. Some of you have come regularly to see us, some dropped off months ago, and some never scheduled for the first time. This note is to encourage you to keep it up or reestablish and make lifestyle changes a priority in your life for 2014! We want to see you lose weight, reverse disease processes, and possibly come off of medications. For those of you who have reached your "goal weight"; we have learned regular accountability is vital for continued commitment. We find too many people backsliding when they lose their accountability. Life is not meant to be lived alone. Let us be a part of your regular community.

We currently have four wellness providers for you to see- Christina Fowler, FNP; Kristin Miller, FNP; Kyra Fowler, FNP; and Stephanie Schneider (formally Shirley ☺), PA. Christina and Kristin will be taking maternity leave in January and March so it is very important that you call to schedule your appointments now. We don't want our maternity leave to be a barrier for anyone. Stephanie will be seeing wellness patients 4 days/ week so that you will all have a chance to be seen in a timely manner. Kyra will continue to see patients at TMA and our Hardin Valley Vital Signs location. Please give us a minimum 48 hours cancellation notice whenever possible so we can get patients in who are waiting to see us.

### Testimonials

We want to hear from you! Do you have a success story from working with wellness providers at TMA? We would love to have permission to use your life story and a possible before/ after picture to encourage others in our community. Please bring in text & photos to

your next visit or send through the patient portal.

### Celebration Wall



Hundreds of names have been added to our celebration wall in the office since we started it April 2013! Congratulations to you who have lost weight, normalized their lab numbers, reversed diseases, and reduced your medications! We are so proud of you!

### Wellness Nurse

In 2013, TMA developed a new position, the "Wellness Nurse". Terri Stewart, RN is our current wellness nurse. Terri spent 30 years treating patients with medical issues related to lifestyles in the hospital setting. Morbidly obese since childhood, she began having the same health problems she was treating patients for. She saw her future forecasted in the patients she was caring for. Experiencing a defining moment at time of her son's high school graduation, she decided it was time to make a major change or die young.

After a personal journey of losing 200lbs through proper nutrition and exercise, she developed a passion for helping others achieve the same. A certified NASM Personal trainer, she has received advanced training in coaching healthy behaviors, weight management leadership, & training special

populations from the Cooper Institute in Dallas. She also has completed training in corrective exercise, biblical counseling, & a communication course for Christian speakers & writers.

The Wellness Nurse assists patients in life application of the prescribed healthy behaviors. A registered nurse and certified personal trainer, her role is to help patients establish and maintain exercise; select, locate, prepare affordable healthy food, assist the patient to identify any obstacles that stand in the way of becoming healthier & develop a plan to address these obstacles, and provide accountability.

If you are struggling with making positive life changes, your provider may recommend scheduling an appointment. You may also call to make an appointment yourself—a physician's referral is not necessary. This is an excellent way to not fall through the cracks if it takes a long time to get in to see a midlevel provider for wellness. This service is also available for non-Trinity patients. Appointments are available in both our Maryville office and our fitness center in Hardin Valley. Call 865-249-7566 to schedule today.

### Vital Signs

VITAL SIGNS

Medically Based - Nutrition / Fitness / Wellness

Join before January 31st, get your monthly membership for \$20.14/ month during 2014!

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