

Lifestyle Medicine

Primary Care Benefits

Welcome to a New Age of Healthcare!

Trinity Health IHA Medical Group Lifestyle Medicine Primary Care is pleased to announce the launch of our comprehensive, evidence-based approach to healthcare that puts you at the forefront. Our mission is to empower you to take control of your health through personalized, patient-centric services that align with your personal needs and support you in achieving optimum levels of wellness and vitality.

What is Lifestyle Medicine?

Lifestyle Medicine is a growing field that emphasizes the use of evidence-based therapeutic interventions—primarily focused on nutrition, exercise, stress management, sleep, avoiding risky substances, and encouraging supportive interpersonal relationships—to prevent, treat, and reverse chronic diseases. At its core, it is about taking control of your health by making informed, sustainable lifestyle choices.



Lifestyle Medicine Compared to Traditional Medicine

While both forms of medicine aim for the well-being of the patient, the approaches differ:

- **Root Cause vs. Disease Management:** Traditional medicine often focuses on managing the symptoms of chronic diseases with medications and procedures. Lifestyle Medicine also uses medications and procedures when necessary, but at its core seeks to address the root causes of diseases—primarily lifestyle choices—to enact real change, promote health and in the process decrease the need for these and other medical interventions. By addressing the root causes, the goal is to prevent chronic diseases from occurring in the first place. When diseases are already present, the goal is to support patients in reversing these whenever possible.
- **Active Patient Involvement:** Unlike the more passive patient role in traditional medicine, Lifestyle Medicine inspires patients to take an active role in their health, working alongside their healthcare team to craft and maintain healthy living strategies.
- **Long-term Focus:** Lifestyle Medicine emphasizes long-term solutions that foster ongoing health and well-being. We focus on optimizing both lifespan and “HealthSpan” to increase your ability to maintain independence, autonomy, and vitality well into your elder years. We want to support you in: “Adding years to your life, and life to your years”.

Your Role in Lifestyle Medicine

As a member of our Lifestyle Medicine Primary Care team we ask:

- **Active Participation:** Your active engagement is paramount. Attend all scheduled appointments, ask questions, and be open to learning and adjusting your lifestyle as a key part of your journey to better health.
- **Commitment to Change:** Embrace the recommendations provided. This might mean dietary changes, adopting exercise routines, sleep hygiene principles and/or stress-reducing techniques. You will find that the investment in your health is well worth the effort.
- **Open Communication:** Keep your care team informed of challenges, successes, and any changes in your health. We're here to help and can assist in adjusting plans as needed.
- **Continued Education:** With our shared medical appointments and additional support resources, immerse yourself in continuous learning. By understanding the why behind recommendations, you are more likely to stay committed.
- **Standard Procedures:** Your team, including your primary care physician, will be available to ensure we can address all your health care needs. Non-urgent questions and concerns can be directed to your care team during normal business hours.



Scheduling Visits

Patients can schedule visits by contacting the practice directly by phone or by sending a message through MyChart.

Together, We're on a Journey

With Trinity Health IHA Medical Group's Lifestyle Medicine Primary Care, you are not just a patient—you are an active partner. Let's journey together towards optimal health and well-being. Welcome to our Family!

**Trinity Health IHA Medical Group
Lifestyle Medicine Primary Care - Arbor Park**
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Located in the
**Trinity Health
Medical Center -
Arbor Park**

Your Provider



**Robert Breakey,
MD, DipABLM**

Dr. Breakey is board-certified in Family Medicine and Lifestyle Medicine and is a fifth-generation graduate from the University of Michigan Medical School. He has been a Lifestyle Medicine focused Family Physician in Ann Arbor for 38 years. He has clinical interests in preventive medicine and supporting patients in optimizing the natural healing processes that we all have within us. He is a diplomate of the American Board of Lifestyle Medicine and serves as Medical Director for the Trinity Health IHA Medical Group's William J. Fileti Center for Lifestyle Medicine. He has presented dozens of health seminars for both lay and professional audiences over the last 40 years.

What are the benefits of joining Lifestyle Medicine Primary Care?

Annual Lifestyle Medicine Comprehensive Assessment

What it is: An annual, in-depth health evaluation centered on the six critical pillars of Lifestyle Medicine.

Why it matters: Provides a clear health roadmap for you and your Lifestyle Medicine team for the upcoming year, covering specific concerns, chronic diseases, and actionable plans.

Health Coaching

What it is: Tailored coaching sessions to assist you in setting and achieving realistic goals in order to achieve and maintain a healthful lifestyle.

Why it matters: Achieve your health goals with expert guidance, motivation, and support.

Preferred Scheduling

What it is: Convenient appointment slots; either same-day or next, scheduled either online or by phone and reduced wait times for subsequent visits.

Why it matters: Ensures you get timely access to the care you need, where you need it and when you need it.

Unhurried Visits

What it is: A patient-first approach where visits are not rushed, allowing the time needed with your physician or team member for more in-depth discussions and thorough examinations.

Why it matters: Every concern is heard and addressed in detail.

Enhanced Communication

What it is: Quick access to your physician and the Lifestyle Medicine care team through phone and messaging platforms

Why it matters: Enjoy answers to medical inquiries when convenient for you.

Shared Medical Appointments

What it is: Group sessions for patients with similar health journeys to receive collective guidance.

Why it matters: A communal environment enhances learning, sharing, and support.

Care Management

What it is: For those managing chronic conditions, we offer dedicated nurses trained in Lifestyle Medicine.

Why it matters: Bridge the gap between visits with consistent education, motivation, and support.

Meal Planning & Exercise Programming

What it is: Direct access to top-tier nutritionists who specialize in Lifestyle Medicine to help craft nutrition plans tailored to your needs.

Why it matters: Combine medical advice with real-world solutions for optimum health results.

Additional Support & Education Resources

What it is: Exclusive discounts on programs and resources from the Rochester Lifestyle Medicine Institute, the Plant-Based Nutrition Support Group and others in development

Why it matters: Extend your learning and support beyond our walls.

Seminars, events and outings with doctors and other team members offered exclusively to our Lifestyle Medicine Primary Care members.

What it is: For example, "Walk with your doc in Nature", "Grocery shop with your health coach", Yoga or meditation seminars, cooking classes, aerobic dance, healthy living seminars, etc. These will be both virtual and in person.

Why it matters: This will offer opportunities to interact with your Lifestyle Medicine team members and other fellow Lifestyle Medicine Primary Care members outside of the office setting while learning and living healthy Lifestyle choices.

Lifestyle Medicine

FAQs

What does Lifestyle Medicine Primary Care cost and what does my fee cover?

The fee to be a member of our Lifestyle Medicine program will be \$149 per month per person or \$1,788 per year. This can be paid quarterly, semi-annually or annually. These fees will allow your physician to maintain a smaller panel of patients, ensuring unhurried visits and easy scheduling of visits. Additionally, the fee covers services not typically covered by insurance, including health coaching, enhanced access to physician (including for urgent matters after hours), exercise programming, discounts with our key partners and group activities.

How does my insurance work in a Trinity Health IHA Lifestyle Medicine-affiliated practice?

Your insurance will work as it does with any other medical practice. It will cover services that are traditionally covered in primary care. The additional Trinity Health IHA Medical Group Lifestyle Medicine Primary Care fee covers additional services that are specific to our program.

Will I still have co-pays and deductibles?

If your insurance requires co-pays for primary care visits, yes you will still be responsible for applicable co-pays and deductibles.

My insurance already provides for an annual physical, so why do I need the Lifestyle Medicine program?

While traditional annual physicals address general health concerns, our comprehensive assessment offers a deep dive into the six critical pillars of Lifestyle Medicine. This ensures a personalized, comprehensive, and personalized approach to your health along with the tools and support to help you accomplish your goals.

Does my insurance cover the annual Trinity Health Lifestyle Medicine program fee?

Typically, the annual fee is not covered by insurance. We recommend checking with your insurer directly.

Are there tests and diagnostics screenings that are part of the Lifestyle Medicine program?

Approximately 80% of chronic disease and premature death can be prevented by not smoking, being physically active, ensuring quality sleep, and adhering to a healthful dietary pattern. The Lifestyle Medicine annual assessment helps identify and treat the primary risk factors leading to chronic disease. Your physician will order any labs and tests that are necessary for assessing and managing your health care, including all recommended screening tests.

Can I use my HSA or FSA to pay for the annual Lifestyle Medicine program fee?

Most often, you will be able to use your Health Savings Account (HSA) or Flexible Spending Account (FSA) to cover services not covered by insurance. We can provide you with documentation that this is indeed a "health care" related expense. Always check with your plan administrator to be sure.

Do I have to pay the annual fee all at once?

No. We offer quarterly, semi-annual, and annual payment options.

Is the annual fee tax deductible?

The annual fee may be tax-deductible as a medical expense; however, we advise consulting with your tax professional.

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Can I get a refund if I want to cancel my Lifestyle Medicine membership?

Yes– Should you decide to seek alternative care, you will be eligible to receive a prorated refund.

Does the Lifestyle Medicine program include a family plan?

Yes, there is a discount available for an additional member of the same household

What happens if the practice I want to join is full?

If the practice is at capacity, we can place you on a waiting list and notify you once a spot becomes available. Your health is important to us, and we aim to accommodate all interested patients as space permits.

What happens when my doctor is away on vacation or otherwise unavailable?

Our Lifestyle Medicine Primary Care practice has additional Lifestyle Medicine trained primary care physicians who work closely as a team and have a very similar approach to care, ensuring your seamless care in the event your doctor is unavailable.

Will my visits be in-person or virtual?

This will be your choice. Our providers offer regular office visits, group visits, acute care visits either in person at the office or virtually.

Where is the IHA Lifestyle Medicine Primary Care practice located?

Our practice is in the Arbor Park Medical Building at 4940 W. Clark Rd., Suite 100, Ypsilanti, MI 49170.

How can I learn more about the Lifestyle Medicine approach to help me decide if this approach is right for me?

We provide free Introduction to Lifestyle Medicine program seminars regularly where you will see an overview of our program and meet some of our team members.

You can join one of our open Lifestyle Medicine Share Medical Appointments by visiting TrinityHealthMichigan.org/LMPC.

We also recommend reviewing the American College of Lifestyle Medicine's website for more general information on how Lifestyle Medicine is being used to prevent, treat and cure chronic disease across the globe.

How do I join?

Visit our website at TrinityHealthMichigan.org/LMPC and follow the "Ready to Join" link. Or, attend one of our Introduction to Lifestyle Medicine Primary Care in-person or virtual sessions listed on the site.

How do I cancel or change my membership?

You can call the practice directly with any changes to your membership.

Will I still have a separate Primary Care provider when I am a member of the Lifestyle Medicine program?

No. Your Lifestyle Medicine Primary Care provider and their team will serve all your acute care, chronic condition management and preventive care needs. You may still have specialist care physician relationships as needed, and your Lifestyle Medicine Primary Care provider will provide you with referrals for these and other services as needed.