



Guide to Care

Our family
caring
for yours.



Trinity Health
IHA Medical Group

Welcome to Trinity Health IHA Medical Group. We are here for you, with nearly 1,000 health care providers in over 125 locations close to your home or work. Please use this guide or go online at IHAcare.com to learn more about our team and how we may care for you and your family.

Free + Virtual

Patient Events

meet the **pediatric providers**

Our pediatric practices hold monthly group meetings for expectant parents and parents of potential new patients. Ask questions, learn about our practice philosophy, office hours and more!

Scan to register!



Life with **Baby** Post-Partum Class

Mom, Baby + Partner (2-4 weeks old)

**First Tuesday
of the Month
6:00 PM**

Scan to register!



Wednesday **Wellness** Education Series

Twice each month, one of our leading providers, physicians or surgeons will present on a variety of topics.

Scan to register!



Third Trimester Class

FOR NEW
MOMS
+ LABOR
COACHES

**Third Wednesday
of the Month
7:00 PM**

Scan to register!



Important Numbers

IHA Medical Group
Call Center
844-IHA-DOCS

Trinity Health Patient
Business Services (Billing)
800-494-5797

Trinity Health MyChart
Patient Portal support line
844-982-4278

IHA Medical
Group Imaging
734-434-0539

IHAcare.com



URGENT CARE

We are here to care for you
seven days a week.

Brooklyn

212 S. Main St., Suite B
Brooklyn, MI 49230

P: 517-938-6085
F: 517-938-6086



Canton

1600 S. Canton Center Rd.
Canton, MI 48188

P: 734-844-8743
F: 734-844-8744



Domino's Farms

4200 Whitehall Dr.
Suite 150
Ann Arbor, MI 48105

P: 734-995-0308
F: 734-995-0425



East Brighton

5505 S. Old US 23, Suite 200
Brighton, MI 48116

P: 810-494-6810
F: 810-494-6805



EMU

1065 North Huron River Dr.
Suite 200
Ypsilanti, MI 48197

P: 734-896-4112
F: 734-896-4113



Hamburg

10020 Professional Centre Dr.
Suite 120
Hamburg, MI 48139

P: 810-231-6080
F: 810-231-0256



Howell

202 W. Highland Rd.
Howell, MI 48843

P: 517-338-9084
F: 517-338-9091



Milan

870 E. Arkona Rd., Suite 105
Milan, MI 48160

P: 734-222-4150
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Saline

7115 E. Michigan Ave., Suite 200
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P: 734-977-0197
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Schoolcraft Campus

19000 St. Joe's Parkway
Suite 140
Livonia, MI 48152

P: 734-213-3688
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Southeast Livonia

29370 Plymouth Rd.
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South Lyon

23200 Pontiac Trail
South Lyon, MI 48178

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Waterford

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P: 248-599-6190
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West Arbor

4350 Jackson Rd.
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Ann Arbor, MI 48103

P: 734-887-4396
F: 734-887-4614



General Ultrasound Available



X-Ray Available

Please visit us online for
the most up-to-date hours at:

[IHAcares.com/urgentcare](https://www.IHAcares.com/urgentcare)

What is Urgent Care?

Offering extended hours seven days a week including holidays, IHA Urgent Care is just what the patient ordered. No more waiting for hours in an Emergency Room, now you have a quicker, more cost-effective alternative that fits your schedule... and your budget.

We treat non-life-threatening medical conditions, such as:

- Back pain
- Cuts requiring stitches
- Conjunctivitis (pink eye)
- Fever or flu symptoms
- Fractures (broken bones)
- Headaches
- Mild to moderate allergic reactions
- Mild to moderate asthma
- Minor head injuries
- Seasonal allergies
- Sprains and strains
- Urinary tract infections (UTIs)

COVID-19 Related Symptoms at select Urgent Care locations:

- Cough
- Fever/Chills
- Shortness of Breath
- Fatigue
- Sore Throat
- Body Aches
- Nausea/Vomiting
- Pink Eye
- Loss of taste/smell
- Discolored fingers/toes
- Diarrhea
- Skin Rash

Visit [IHAcares.com/covid19](https://www.IHAcares.com/covid19) for more info.



Save Your Spot

[IHAcares.com/saveyourspot](https://www.IHAcares.com/saveyourspot)

Skip the wait and save your spot at our urgent care locations. Your saved spot is not a guaranteed appointment, but an option that allows you – or a sick family member – to seek care at a time that is convenient.



Trinity Health IHA Medical Group

PRIMARY CARE

LENAWEE COUNTY

Clinton

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Family Medicine

Sreevalli Attili, MD
Adam Kosteva, MD
Jeffrey Mendoza, DO
Cullen Salada, MD
Sherry Headley, CNP

LIVINGSTON COUNTY

Academic Family Medicine - Brighton

Trinity Health Medical Center - Brighton
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Family Medicine

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Family Medicine

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Henderson Academic Primary Care

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Bashar Maskoni, MD
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Internal Medicine

Leslie Caren, MD ■
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WASHTENAW COUNTY

Academic Internal Medicine - Ann Arbor Campus

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Internal Medicine

Marie Amaout, DO ■
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WAYNE COUNTY

Academic Family Medicine - Northwest Livonia

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Family Medicine

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Nicole Rothenberg, MD ◆
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Academic Internal Medicine - Northwest Livonia

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Internal Medicine

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Canton

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Family Medicine

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Internal Medicine

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Cherry Hill Village

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Canton, MI 48187

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F: 734-398-7805

Family Medicine

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Internal Medicine

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Freedom

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Livonia, MI 48152

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F: 248-476-7091

Family Medicine

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Sudha Chakravarty, MD

Internal Medicine

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Trishya Reddy, MD

Plymouth

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Plymouth, MI 48170

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F: 734-455-5219

Family Medicine

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Internal Medicine

Willard Den Houter, MD
Craig Gertner, MD
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Ashley Schmehl, DO
Jeffrey Van Hooser, MD ■
Deborah Weener, MD

Schoolcraft Campus

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F: 734-213-3686

Family Medicine

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Jenny Shih, DO
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Sherrie Tefend, MD

Southeast Livonia

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Livonia, MI 48150

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F: 734-655-8210

Family Medicine

Candace Cooper, DO
Kimberly Snowdon, CNP, IBCLC

Internal Medicine

Shyran Hines-Fenderson, MD ■
Rachel Marcucci, MD ■
Jane Philip, MD ■
Erin Walton-Doyle, MD ■

■ Internal Medicine/Pediatrics

◆ Obstetric Care



Trinity Health Academic Practices

Our team of faculty and resident physicians provide the most up-to-date, evidence-based medical care in a caring, compassionate environment. Working closely with each of our patients, we develop personalized care plans with a special emphasis on preventive care so that, in addition to helping you with health concerns, we can work with you to avoid ones that may come up in the future.

Trinity Health IHA Medical Group Senior Primary Care & Consult Services

We specialize in providing primary care to patients aged 65 and older who have a history of complex conditions that require frequent visits.

Physicians and staff provide support to aging adults and caregivers by offering a comprehensive assessment, developing a plan and making connections to local resources. Each patient completes an initial questionnaire, receives an in-depth assessment and recommendations for care or resources to enhance the quality of life.

Senior Primary Care Services Offered:

- Annual wellness checks
- Chronic care visits
- Immunizations
- Cognitive assessments
- Home visits
- Support in setting and achieving health goals
- Coordination and continuity of health care when moving from one health care setting to another



Ann Arbor Campus

Trinity Health Towsley Medical Center
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Ypsilanti, MI 48197

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Aishah Raffee, DO, AGSF
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Schoolcraft Campus

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Alvin Vargas, DO
Amy Bakalar, CNP
Julian Watkins, CNP



What is Internal Medicine/Pediatrics?

With a focus on lifelong preventive health care and overall well-being, our internal medicine and pediatric physicians and staff specialize in primary care for infants, children and adults. Internal Medicine/Pediatrics, sometimes called Med-Peds, is the combination of Internal Medicine (primary care for adults) and Pediatrics (primary care for infants, children and adolescents). Physicians receive an additional year of training and are board-certified in both internal medicine and pediatrics.

We have many providers in several of our primary care practices who can care for your child.

Arbor Park
Therese Benevich, MD

Canton
Kimberly McCord, MD

Howell
Bassel Atasi, MD
Aaron Daniel, MD

Lake Orion
Timothy Dickson, MD
Amy McCarthy, MD
Kathryn Rice, MD

Plymouth
Matthew Kohlenberg, MD
Jeffrey Van Hooser, MD

Rochester Hills
Walter Culver, MD

Southeast Livonia
Shyrin Hines-Fenderson, MD
Rachel Marcucci, MD
Jane Philip, MD
Erin Walton-Doyle, MD

Waterford
Leslie Caren, MD

West Arbor
Hongyan (Grace) Yang, MD, PhD

Neighborhood
Bassel Atasi, MD
Corey Dean, MD, FAAP, FACP
Suzette D. LaVigne, MD, MPH, FAAP
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See pages 4 & 5 for details.

PEDIATRICS

Arbor Park

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Judy Tosto, MD, FAAP
Abigail Troy, DO
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Stacey O'Connor, DO, FAAP
Rebecca Thomas, DO
Melissa Zarow, DO, FAAP
Julie Byrne, CNP, IBCLC
Kristen Upton, CNP, IBCLC

Orchard

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Brittany Raburn, MD
Wendy Roberts, MD, FAAP
Jamie Thompson, MD, FAAP
Matthew Waier, MD, FAAP
Eric Wheatley, MD, FAAP
Emma Adams, CNP, IBCLC
Mary Dobbs, CNP

Pediatric Specialties in Oakland

Trinity Health - Oakland Campus
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Cardiology

Pediatric Cardiology is different from the way cardiologists treat adult patients. The structure of children's hearts is different and smaller than adults' heart structure. Pediatric cardiologists have special training and experience treating conditions that affect the structure or rhythm of children's hearts. Pediatric cardiologists work closely with your child's pediatrician. They don't do surgery.



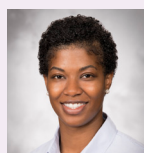
Clinton
Cochran, MD



Daniel
Turner, MD

Orthopaedics

Our team provides full-service care to newborns through young adults. Children with a bone, muscle or joint issue deserve comprehensive treatment from experts who specialize in caring exclusively for children and their unique needs. We believe that a team-based approach to musculoskeletal health, where bone and joint specialists with different backgrounds work together, provides the optimal care for each individual patient.



Noelle
Whyte, MD



Christianne
Marshall, PA-C

Urology

Pediatric urologists offer evaluation, diagnosis and treatment for infants, children and adolescents with abnormalities involving the kidneys, ureters, bladder, urethra and the reproductive organs of children. From routine, simple procedures to rare and complex conditions, we offer innovative, evidence-based treatment and a unique level of support and resources for children and families.



John
Park, MD



Julian
Wan, MD

A collaboration with our teams:



OBSTETRICS & GYNECOLOGY

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Sharon O'Leary, MD
Caitlin Parker, MD
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Maternal-Fetal Medicine

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Amanda Hirsch, CNP
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OB Ultrasound

We have four locations for OB (obstetric) ultrasound. OB ultrasound is located within Maternal-Fetal Medicine Arbor Park, Oakland Hospital and West Arbor. OB Ultrasound has an additional location in Obstetrics & Gynecology - Brighton. A specially trained person known as a registered diagnostic medical sonographer (RDMS) will perform the examination which will be reviewed by a physician trained in fetal imaging.



Trinity Health Perinatal Wellness Center

The Trinity Health Perinatal Wellness Center is a comprehensive practice caring for women during and after their pregnancies. The Perinatal Wellness Center offers postpartum follow-up visits, perinatal mental health services, our breastfeeding medicine care and more.

Reichert Medical Center
5333 McAuley Dr., Ste. 2106, Ypsilanti, MI 48197

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Angela Welton, LPC, IBCLC

Breastfeeding Medicine

Our International Board Certified Lactation Consultants (IBCLC) are board-certified providers or registered nurses who can provide you with expert care before, during and after your baby is born to ensure that you have the support and education you need to feel comfortable and confident in your decision to breastfeed. All lactation consultants provide breastfeeding support consistent with the recommendations of both the American Academy of Pediatrics, the International Board of Lactation Consultant Examiners and the Academy of Lactation Policy and Practice.

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Lisa A. Hammer, MD, IBCLC **Beth Hoskins, LPN, IBCLC**
Kathryn Lankton, DO, IBCLC **Emily Piniatoglou, CNP, IBCLC**
Nancy Dmitrichina, RN, IBCLC

Lactation consultants are available for one-on-one breastfeeding assistance. They can handle many types of breastfeeding issues including, but not limited to:

- Basic breastfeeding education
- Support and encouragement
- Help continuing with breastfeeding after returning to work or school
- Latch-on problems
- Sore nipples or engorgement
- Slow weight gain of infant
- Insufficient breast milk
- Medical conditions such as prematurity, Down syndrome, cleft lip and/or palate
- Breastfeeding multiples

Nurse Midwives

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Ashleigh Cornell, CNM, IBCLC
Missy Furllette-Koski, CNM
Kenya Herndon, CNM
Jessica Hoskins, CNM
Ciara Hunt, CNM
Jennifer Kelley, CNM
Jenni Schulz, CNM
Nicole Sekulich, CNM
Jenny Stimac, CNM
Sarah Sutton, CNM
Amanda Varva, CNM

What is Midwifery?

Women are unique in many ways, very much like our Nurse Midwives. We not only offer comprehensive prenatal and childbirth services, but also provide the entire spectrum of well-woman gynecological care. With a focus on wellness education, our midwives are committed to enhancing a woman's self-reliance and trust in her normal life process. Our practice evidence-based medicine offering comprehensive women's health care, from preconception counseling, obstetrical and gynecologic services, normal labor management and vaginal deliveries.

SCAN HERE to meet the midwives!



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Trinity Health IHA Medical Group

SURGERY

Academic Surgery - Ann Arbor Campus

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Bariatric & General Surgery

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✦ *Bariatrician*

Breast Surgery

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Manak Sood, MD, FACS

Thoracic Surgery
Kumari N. Adams, MD, FACS
Melanie A. Edwards, MD, FACS

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Karsten Fliegner, MD
Charles Schwartz, MD
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Colon & Rectal Surgery

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Trauma Surgery

Trauma surgeons perform emergency procedures to save people's lives when they have been critically injured, and undergo rigorous training to be able to treat a wide variety of life-threatening injuries.

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Recovery Medicine

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In the Hospital

Hospital Medicine

P: 877-336-6307 F: 734-887-8978

Our Hospital Medicine team is staffed with experienced internists, family medicine physicians and advance practice providers who are experts in the management and coordination of care of hospitalized patients. The Hospital Medicine team cares for patients hospitalized at Trinity Health Ann Arbor, Chelsea, Livingston, Livonia and Oakland. Our providers are available 24 hours a day, seven days a week and regularly care for hospitalized adult patients with complex needs. Our team members coordinate the involvement of other Specialist providers and Ancillary Services, communicating with patients, families and works in partnership with your primary care physician to ensure a smooth and effective follow up plan after discharge.

Neonatology

P: 877-336-6307 F: 734-887-8979

Neonatology or neonatal medicine is a subspecialty of pediatrics the specializes in care of newborn infants, especially the seriously ill or premature newborn. Our Neonatology team is staffed by Neonatologists and Neonatal Nurse Practitioners that provide hospital based care in a Neonatal Intensive Care Unit (NICUs) or Special Care Nursery. Our providers are in the hospital and available 24 hours a day, seven days a week and provide treatment for breathing difficulties, birth defects, premature birth, feeding difficulties and many other conditions affecting newborn infants. Our Neonatology team provides care for newborn infants at Trinity Health Ann Arbor and Trinity Health Livonia.

Pediatric Hospital Medicine

P: 877-336-6307 F: 734-887-8979

Pediatric Hospitalists are pediatricians who specialize in hospital medicine and newborn care. The pediatric hospitalists care for patients at Trinity Health Ann Arbor and Trinity Health Livonia. Our providers are available 24 hours per day, seven days a week and regularly care for hospitalized children and newborns. The Pediatric Hospitalist team is well equipped to deal with the sometimes challenging behavioral and psychological effects on children who are sick and need to be hospitalized. The team will pay special attention to communication with your child's primary care physician, that way the transition home and any follow up care needed can be easy and effective. Our Pediatric Hospitalists understand the coordination of care for acute disorders and newborn care, and are able to recognize and diagnose unusual disorders, anticipate problems and rapidly respond to crises or changes in a patient's condition.

Collaborative Care Behavioral Health Program

We work with patients who may have anxiety and/or depression – right here in your physician's office! Our team is made up of a behavioral health specialist, your physician and a psychiatrist who talks with your doctor and behavioral health specialist. We all work together to help improve your overall well-being. In this program, the behavioral health specialist works with you to build skills and techniques to better manage your depression and/or anxiety. If you are interested in using medication to help control your symptoms, our team psychiatrist will talk to your behavioral health specialist and your physician to figure out the best treatment options.



Behavioral Health Program

- A behavioral health specialist will work with you for 3-6 months offering brief behavioral interventions
- They will check in often with you over the phone or at your physician's office
- A psychiatrist consults with your behavioral health specialist and your primary care physician to help determine treatment options
- Your behavioral health specialist only works with patients experiencing depression and anxiety

Trinity Health Academic Psychiatry & Counseling

We provide quality outpatient psychiatry for adults, and counseling for patients 12 and older.

Trinity Health Medical Center - Schoolcraft Campus
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Loma Burns, LMSW
Courtney Paladino, LMSW
Meredith Perry, LMSW
Megan Powers, LPC
Amanda Warren, LMSW

Pediatric Behavioral Health Care

The IHA Medical Group Pediatric Behavioral Health Care team empowers children and their families to cope with behavioral issues and challenges so they can work toward healthy family growth.



Behaviors addressed include:

- Depression or anxiety
- Behavior concerns disruptive to school or home life
- Sleep issues
- Coping with stressful events such as illness, death in the family, starting or changing schools
- Problems with friends or bullying
- Divorce or remarriage
- Post-traumatic experiences

Working together:

- We work in collaboration with your child's physician to improve your child's or adolescent's overall health
- We help the family to more fully understand the nature of a child or adolescent's behavior and provide the tools to help them successfully navigate whatever challenges they are facing
- We will assess the most effective strategies for helping your child or adolescent and provide an opportunity for parents to clarify their own feelings
- We provide education and strategies to parents to empower families

Trinity Health IHA Medical Group Psychiatry & Counseling

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Lisa Kutas, MD
Jessica Wuest, MD



What is Care Management?

At Trinity Health IHA Medical Group, Care Management works with patients who have moderate to complex illnesses. Located in your primary care practice, the care manager works in collaboration with your primary care physician and medical team to improve your overall health. The care manager works with you to assess and proactively manage your health, helping you to identify areas that you would like to improve or better manage.

Together you will work to build skills and techniques to better manage your health care conditions. Your care manager will help you set obtainable goals that are realistic, help you to identify solutions to overcome barriers and provide ongoing support and encouragement. This is a personalized service based on your needs. The care manager will call and meet with you regularly in your physician's office when it is convenient for you.

Nutrition Services

Our nutrition specialists offer nutrition counseling services at many locations. Their expertise can provide you with the necessary knowledge to achieve all of your individual and family dietary needs.

- One-on-one nutrition counseling
- Easy to follow, customized eating plans to achieve/maintain a healthy weight
- Prevention/management of chronic disease through dietary and lifestyle changes
- Guidance in managing nutrition science to form healthy habits that will help you look and feel better
- Assistance with all of the misinformation about food and nutrition
- Weight management programs
- A healing approach to treating diagnosed medical conditions and their associated symptoms

Women's Behavioral Health Care

The Women's Behavioral Health Care team empowers women ages 16 years and older to cope with issues and challenges so they can work toward healthy growth.

Psychotherapy services are available for the following areas:

- Preconception health and wellness
- Mood and anxiety concerns (depression, anxiety, posttraumatic stress disorder, and/or panic attacks)
- Sexual assault
- Domestic abuse
- Unresolved trauma (history of childhood physical, emotional, and sexual abuse, as well as neglect)
- Infertility, pregnancy loss and adoption
- Marriage or relationship concerns
- Parenting concerns
- Self-esteem problems
- Stress reduction and management in work and life
- Grief and loss issues

Trinity Health Physical Medicine & Rehabilitation

Trinity Health Chelsea Hospital
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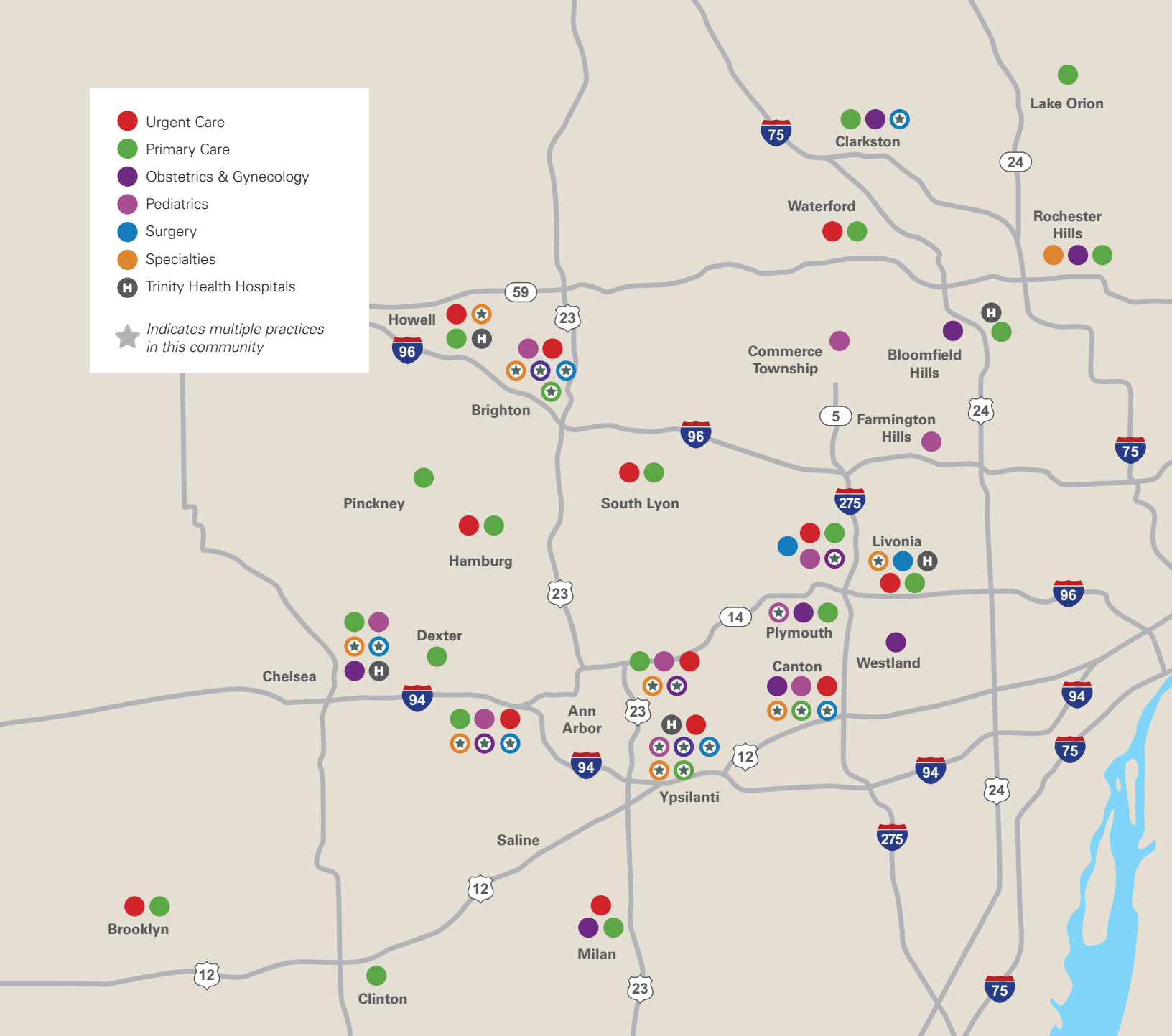
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Alexandra Theisen, MD

- Urgent Care
- Primary Care
- Obstetrics & Gynecology
- Pediatrics
- Surgery
- Specialties
- Trinity Health Hospitals
- Indicates multiple practices in this community



We keep growing!

We are always hiring. Starting pay is \$15 per hour! Visit IHAcare.com/staffopenings for job postings.
Please visit us online at IHAcare.com for provider and practice location updates.



IHA Medical Group