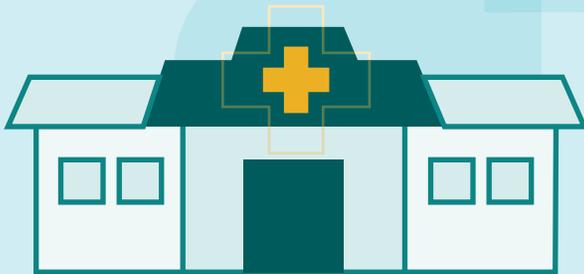


Vivacity Care Center Fosters Your Health

Taking control of your health and wellness doesn't need to be difficult.

To help, our providers at Vivacity Care Center have gathered helpful information and devised great strategies.

Now, we want to share them with you! The information in this brochure will get you thinking about everything from chronic disease management to plant-based diets. When you make your appointment, you'll be ready to ask questions and offer your own ideas.



Chronic Disease Prevention

Taking steps to improve your health and lifestyle now can limit your risks of chronic diseases.

Focusing on the four pillars of health: nutrition, movement, rest, and stress management is key. Scheduling a wellness check is also an important step in lowering your risk of chronic disease.

Looking for ways to prevent chronic disease? [Click this link to a video detailing the four pillars of health to learn how your lifestyle habits impact your health.](#)



Consider Family History

Think of family medical history as a guide on your health journey. Paying attention to medical conditions that run in your family can alert you to possible health issues early on when they are easiest to manage. Even issues like lactose intolerance and sleep difficulties can have significant family connections.

[Watch this quick video to learn more about the connections between family history and your health.](#)

Plant-Based Diet

Lots of people talk about the benefits of a plant-focused diet, but how do you make it work in your life? Vivacity Care Center helps simplify the process by providing tips and meal ideas. There are plenty of ways to get more plants into your diet in ways you (and your family) can get excited about!

Interested in learning more about plant-focused diets? [Our video offers tips, tasty suggestions and recipes.](#)





Take our online [lifestyle quiz](#) for articles personalized just for you.

Weight Management

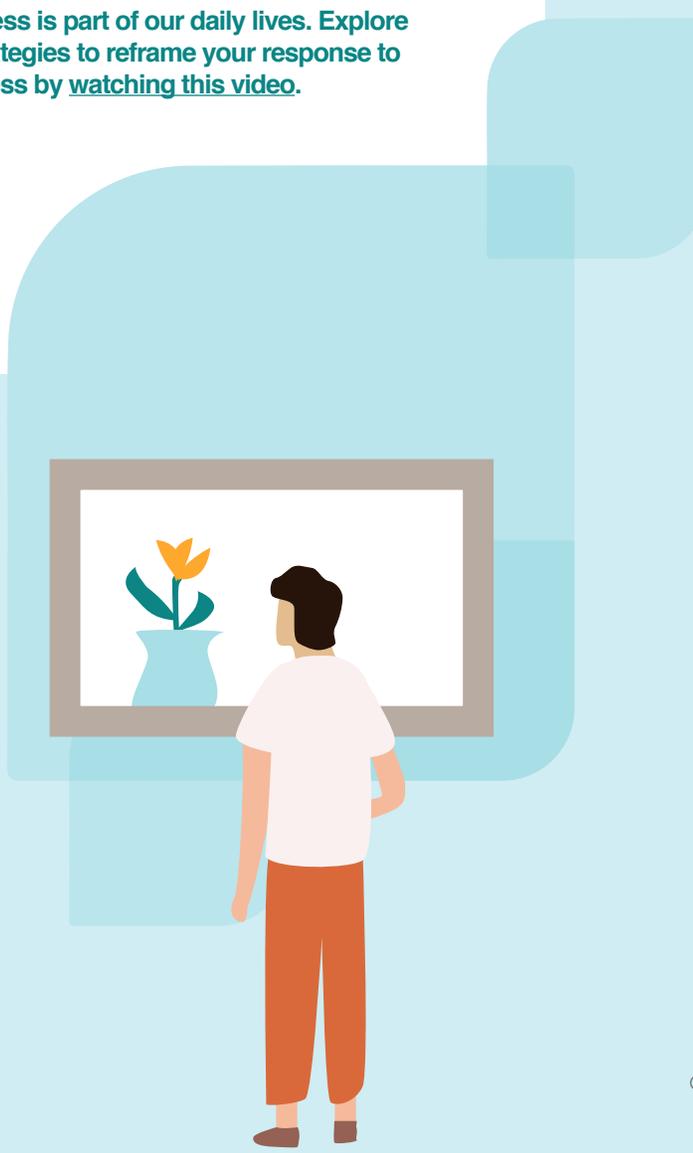
As you age, managing a healthy weight can pose a challenge. When you decide it's time to make some changes, our team of providers and Whole Health Coaches are here for you with empathy and support. They can help you identify areas of focus and provide you tools to achieve your wellness goals.

Start a collaborative approach to weight management by talking with our providers.

Mental Health

Life experiences impact how you view the world and cope with stressful situations – and the way you deal with stress is important for your mental and physical health. The Vivacity Care Center team integrates behavioral health into our primary care model, ensuring support for both your mind and body.

Stress is part of our daily lives. Explore strategies to reframe your response to stress by [watching this video](#).



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[vivacitycarecenter.com](https://www.vivacitycarecenter.com)

Vivacity Care Center is an in-network provider for people who have Premera Blue Cross, Premera Blue Cross Medicare Advantage or LifeWise Health Plan of Washington as their primary insurance, as well as BlueCard™ members.

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