



WASHINGTON UNIVERSITY ORTHOPEDICS

| Living Well Center

Your health is important. From sleep and nutrition to exercise and mental health, many factors can impact your overall wellbeing. At the Living Well Center, we bring together healthcare experts to help you meet your personal health and wellness goals.

The Center programs can help you:

- Improve your health for surgery.
- Target and a treat specific condition if you are not a candidate for surgery.
- Enhance quality of life during and after cancer treatment.
- Optimize your health to meet a specific goal, such as healthy living after having a baby or training for an athletic event.

No Two Programs Alike

Your personal wellness program is designed based on your detailed assessment and evaluation. Your care team includes physicians, therapists and dietitians — experts in musculoskeletal health and its link to general health. Your coordinated care program may include:

- Acupuncture
- Aerobic training
- Behavioral health counseling
- Manual medicine
- Medical massage
- Nutritional counseling
- Physical therapy
- Smoking cessation

How do patients pay for these services?

Our patient-focused center utilizes medical services not typically accessible to patients in a healthcare system. There may be out-of-pocket expenses associated with some treatments. We work with patients to customize treatment plans to individual needs and insurance coverage.

See the Results

Engaged participants can expect to see health improvements within 90-120 days. Results may include less pain, improved strength and stamina, weight loss, controlled diabetes and/or lower blood pressure.

Take the First Step

Find out how the Living Well Center can help you. Schedule your consultation today: **(314) 514-3565**

Referrals

To send a referral to the Living Well Center:

- **Message through Epic:** WU OS LIVING WELL CENTER POOL
- **Contact our nurse coordinator:**
[Jerica Putman, RN](#) | (314) 514-3565

Office Location



Washington University Living Well Center
Barnes-Jewish West County Hospital
Medical Office Building 4
1044 North Mason Road, Suite 210
Creve Coeur, MO 63141

Free onsite parking available



Physicians

Living Well Center