



# Personalized Nutrition & Lifestyle Support

## Integrated Into Your Care

Personalized coaching designed to support your provider's plan and help you get real, lasting results!



### Our Collaboration

At Complete Care, we're proud to offer a personalized Nutrition & Lifestyle Coaching Program powered by the **Macro Mavens** method. Now available right here in-office and billable to insurance.

This program is designed to work alongside your provider's care, helping you finally connect the dots between what's recommended and tangible tools to help you reach optimal health.

You'll work one-on-one with a Nutrition & Lifestyle Specialist who becomes an extension of your care team, guiding you step-by-step with a customized plan built just for you.

### You Might Be a Good Fit If You're Experiencing

- Difficulty shedding fat
- Low energy or constant fatigue
- Poor or disrupted sleep
- Hormonal imbalances or stubborn symptoms
- Brain fog, stress, or feeling overwhelmed
- Lack of consistency with nutrition or routines

### Why This Works

Most patients don't fail from lack of effort, they lack clear guidance, structure, and support.

This program bridges that gap so you can finally see the results your body is capable of.

### Ready to feel better, move better, and get results that last?

Ask your provider or front desk about the Nutrition & Lifestyle Coaching Program which now available and billable through insurance.

### What You'll Get

- A customized nutrition plan tailored to your body and goals
- Education and coaching built around our 5 Core Pillars of Health:
  - Anti-inflammatory nutrition
  - Hydration & fiber optimization
  - Deep, restorative sleep
  - Stress resiliency
  - Intentional movement
- In-person visits with your coach at Complete Care
- Daily support through the Macro Mavens app - your coach in your pocket
- A simple, structured plan you can actually follow

### Complete Care x Macro Mavens

A smarter, more supported approach to your health

**Heidi Jensen**  
Complete Care Nutrition & Lifestyle Specialist

