

what is mdvip wellness program

What is MDVIP Wellness Program? Your Guide to Personalized Preventative Care

Are you tired of rushed doctor's appointments and feeling like your health concerns are brushed aside? Do you crave a more proactive, personalized approach to preventative care? Then you might be interested in the MDVIP Wellness Program. This comprehensive guide dives deep into what MDVIP is, how it works, its benefits, drawbacks, and costs – everything you need to know before considering this unique healthcare model. We'll answer the burning question: "What is the MDVIP wellness program?" and help you decide if it's the right fit for you.

What Exactly is the MDVIP Wellness Program?

MDVIP is a membership-based primary care program offering a vastly different experience than traditional healthcare. Instead of the typical hurried 15-minute appointment, MDVIP physicians dedicate significantly more time to each patient – typically an hour or more for initial visits and 30-45 minutes for follow-ups. This allows for a far more in-depth understanding of your health history, lifestyle, and goals. It's about building a true partnership with your doctor, focusing on preventative care and early disease detection. Think of it as an upgrade from reactive healthcare to proactive wellness management.

How Does the MDVIP Wellness Program Work?

MDVIP operates on a membership model. After an initial consultation to ensure compatibility, you pay an annual membership fee (which varies by location). This fee grants you access to a wide range of services not typically included in standard health insurance plans. The core of the program centers around:

Extended Appointments: As mentioned earlier, you'll have significantly longer appointment times. This allows for comprehensive discussions, detailed physical exams, and in-depth reviews of your health history and lifestyle factors.

Comprehensive Wellness Plans: Your physician will work with you to create a tailored wellness plan based on your individual needs and risk factors. This often involves preventative screenings, personalized recommendations for diet and exercise, and ongoing monitoring of your health metrics.

Enhanced Access: MDVIP physicians often provide increased accessibility, including same-day or next-day appointments, and readily available communication channels (email, phone) for non-urgent concerns.

Personalized Preventative Care: The program emphasizes early detection and prevention of chronic diseases through proactive screenings, health coaching, and personalized recommendations.

Benefits of the MDVIP Wellness Program: Is it Worth the Cost?

The higher cost of MDVIP membership is a significant consideration for many. However, many members feel the benefits outweigh the expense. These include:

Proactive Health Management: The emphasis on preventative care can lead to earlier detection of potential health issues, potentially saving money and improving health outcomes in the long run.

Improved Doctor-Patient Relationship: The extended appointment times foster a stronger doctor-patient relationship, built on trust and mutual understanding. This can lead to better adherence to treatment plans and improved health outcomes.

Increased Convenience and Accessibility: The enhanced access to your physician reduces the stress associated with scheduling appointments and waiting for responses to urgent health concerns.

Personalized Care: Receiving a customized wellness plan tailored to your specific needs can result in more effective health management.

Improved Health Outcomes: Many MDVIP members report improvements in their overall health, increased energy levels, and reduced stress levels.

Drawbacks of the MDVIP Wellness Program: What are the Cons?

While MDVIP offers numerous advantages, it's important to consider the drawbacks:

Cost: The annual membership fee is a significant investment that might not be feasible for everyone. This expense is in addition to your regular health insurance premiums.

Limited Network: MDVIP physicians are not part of most traditional insurance networks. While your insurance may cover some services, you'll likely have out-of-pocket expenses for many consultations and treatments.

Not a Replacement for Specialist Care: MDVIP is a primary care program. You will still need to seek specialists for specific health issues outside the scope of primary care.

Geographic Limitations: MDVIP physicians are not available everywhere. Availability may be limited depending on your location.

Who is the MDVIP Wellness Program Best For?

The MDVIP program is best suited for individuals who:

Value personalized care and proactive health management.

Have the financial resources to cover the membership fee in addition to their health insurance premiums.

Are looking for a stronger, more engaged relationship with their primary care physician.

Prioritize preventative care and early disease detection.

Understanding the MDVIP Cost: What Should You Expect?

The annual membership fee for MDVIP varies depending on location and the specific physician. However, you can expect to pay several thousand dollars per year. It's crucial to inquire about the specific costs with individual MDVIP physicians in your area before making a decision. Remember to factor in the potential for additional out-of-pocket expenses not covered by your insurance.

Conclusion: Is MDVIP Right For You?

Deciding whether or not the MDVIP Wellness Program is right for you requires careful consideration of your individual needs, priorities, and financial resources. The program offers a valuable alternative to traditional primary care, prioritizing personalized attention and preventative care. However, the higher cost and limited availability require thoughtful evaluation. Weighing the potential benefits against the financial investment is crucial before making a commitment. Consider speaking with your current physician or scheduling a consultation with an MDVIP physician to discuss your options further.

FAQs:

1. Does my insurance cover MDVIP services? While your insurance might cover some diagnostic tests and treatments received through MDVIP, the membership fee itself is not covered by most insurance plans. You should contact your insurance provider to confirm coverage specifics.
1. Can I use MDVIP in conjunction with my current specialist? Absolutely. MDVIP is your primary care provider, and you can still maintain relationships and seek care from your existing specialists.

1. What if I move? MDVIP's physician network varies by location. If you relocate, you may need to find a new MDVIP physician in your new area.

1. What happens if I need urgent care? While MDVIP offers increased access to your physician, for true emergencies, you should seek care at an urgent care facility or emergency room as needed.

1. How do I find an MDVIP physician near me? Visit the MDVIP website and use their physician locator tool to find doctors in your area. You can also contact MDVIP directly for assistance.

what is mdvip wellness program: *Next Medicine* Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In *Next Medicine*, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

what is mdvip wellness program: *A Woman's Guide to Hormone Health* J. Ron Eaker, 2008 Easy-to-understand, straight-forward information about what's happening to women's bodies as they near and reach menopause that dispels myths about change of life, provides tips for a healthy lifestyle, and discusses treatment options--Provided by publisher.

what is mdvip wellness program: *Boost Your Brain* Majid Fotuhi, Christina Breda Antoniadou, 2013-10-01 Based on cutting-edge science, *Boost Your Brain* is internationally recognized neurologist Majid Fotuhi's complete program for increasing brain size and enhancing brain function, including memory, creativity, comprehension, and concentration. Our brains don't have to decline as we get older, argues Dr. Fotuhi. Depending on the things we do or neglect to do, we can actually get smarter and measurably improve our brain speed. In *Boost Your Brain*, the founder of the

NeurExpand Brain Center and host of the PBS series Fight Alzheimer's Early offers a three-month brain-optimization program—with noticeable results in just a few weeks. Boost Your Brain explores the very latest neuroscience research and offers actionable, authoritative advice on how readers of every age can experience the benefits of a bigger, better brain. Featuring more than two dozen black-and-white illustrations, Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance includes a foreword by Michael Roizen, M.D., coauthor of the bestselling YOU series and author of the Real Age books.

what is mdvip wellness program: Priceless John C. Goodman, 2024-09-24 In this long-awaited updated edition of his groundbreaking work Priceless: Curing the Healthcare Crisis, renowned healthcare economist John Goodman (father of Health Savings Accounts) analyzes America's ongoing healthcare fiasco—including, for this edition, the failed promises of Obamacare. Goodman then provides what many critics of our healthcare system neglect: solutions. And not a moment too soon. Americans are entangled in a system with perverse incentives that raise costs, reduce quality, and make care less accessible. It's not just patients that need liberation from this labyrinth of confusion—it's doctors, businessmen, and institutions as well. Read this new work and discover: why no one sees a real price for anything: no patient, no doctor, no employer, no employee; how Obamacare's perverse incentives cause insurance companies to seek to attract the healthy and avoid the sick; why having a preexisting condition is actually WORSE under Obamacare than it was before—despite rosy political promises to the contrary; why emergency-room traffic and long waits for care have actually increased under Obamacare; how Medicaid expansion spends new money insuring healthy, single adults, while doing nothing for the developmentally disabled who languish on waiting lists and children who aren't getting the pediatric care they need; how the market for medical care COULD be as efficient and consumer-friendly as the market for cell phone repair... and what it would take to make that happen; how to create centers of medical excellence, which compete to meet the needs of the chronically ill; and much, much more... Thoroughly researched, clearly written, and decidedly humane in its concern for the health of all Americans, John Goodman has written the healthcare book to read to understand today's healthcare crisis. His proposed solutions are bold, crucial, and most importantly, caring. Healthcare is complex. But this book isn't. It's clear, it's satisfying, and it's refreshingly human. If you read even one book about healthcare policy in America, this is the one to read.

what is mdvip wellness program: Fortify Your Life Tieraona Low Dog,, 2016 At last, a trusted guide to the supplements aisle. In today's world, even people who eat well don't necessarily get all the nutrients they need. Many of us rely on various vitamins, minerals, and nutraceuticals -- but the number of products on the market is overwhelming. In these pages, acclaimed integrative health physician Tieraona Low Dog shows you how to separate the truly healthful from the hype. - Jacket.

what is mdvip wellness program: The Lost Art of Healing Bernard Lown, 1999-02-02 The real crisis in medicine today is not about economics, insurance, or managed care--it's about the loss of the fundamental human relationship between doctor and patient. In this wise and passionate book, one of our most eminent physicians reacquaints us with a classic notion often overlooked in modern medicine: health care with a human face, in which the time-honored art of healing guides doctors in their approach to patient care and their use of medical technology. Drawing on four decades of practice as a cardiologist and a vast knowledge of literature and medical history, Dr. Lown probes the heart and soul of the doctor-patient relationship. Insightful and accessible to all, The Lost Art of Healing describes how true healers use sympathetic listening and touch to hone their diagnostic skills, how language affects the perception of illness, how doctors and patients can cultivate a relationship of trust, and how patients can obtain the most complete and beneficial care through a combination of healing techniques and conventional practices. As Dr. Lown explains, the art of healing does not mean abandoning the spectacular advances of modern science, but rather incorporating them into a sensitive, humane, enlightened approach to medical care. With its urgent message and poignant, fascinating vignettes, The Lost Art of Healing is a book of vital, universal

importance.

what is mdvip wellness program: The Complete Beck Diet for Life Judith S. Beck, 2015-04-21 The Complete Beck Diet for Life has descriptive copy which is not yet available from the Publisher.

what is mdvip wellness program: **How I Got My Life Back** Patricia Deckert D. O., Elisabeth Yaotani, 2019-01-29 This book will offer you practical ways to deal with interstitial cystitis head-on, empowering you to take back your health. Elisabeth Yaotani, who has suffered with chronic pain and illness herself, shares how she has moved from reeling in pain on a daily basis to becoming symptom-free and being able to enjoy her life again. Based on her 12-year journey with interstitial cystitis, which took her to multiple doctors and resulted in her trying out numerous and often painful therapies, Elisabeth shares tried-and-tested strategies to help anyone who is trying to win their own battle with chronic illness. In these pages you will learn: How to find and stop the root cause of chronic disease How to reverse inflammation and keep it from coming back Which foods to eat and avoid for optimal health How to address genetic variants that are affecting your body's natural pathways How to overcome your pain once and for all Chronic disease doesn't have to rule your life. If you want to take control of your health and reclaim your life, this book is for you.

what is mdvip wellness program: The Case Manager's Handbook Catherine M. Mullahy, 2016-05-25 The Case Manager's Handbook, Sixth Edition is an indispensable guide for case managers. Presented in an accessible and conversational style, this practical resource helps case managers learn the fundamentals, study for the Certified Case Manager exam, and advance their careers after the exam. Completely updated and enhanced with information on the latest developments affecting case management, it reflects the rapidly changing healthcare landscape, including the significant effects of the Affordable Care Act.--Back cover.

what is mdvip wellness program: **What Money Can't Buy** Michael J. Sandel, 2012-04-24 In What Money Can't Buy, renowned political philosopher Michael J. Sandel rethinks the role that markets and money should play in our society. Should we pay children to read books or to get good grades? Should we put a price on human life to decide how much pollution to allow? Is it ethical to pay people to test risky new drugs or to donate their organs? What about hiring mercenaries to fight our wars, outsourcing inmates to for-profit prisons, auctioning admission to elite universities, or selling citizenship to immigrants willing to pay? In his New York Times bestseller What Money Can't Buy, Michael J. Sandel takes up one of the biggest ethical questions of our time: Isn't there something wrong with a world in which everything is for sale? If so, how can we prevent market values from reaching into spheres of life where they don't belong? What are the moral limits of markets? Over recent decades, market values have crowded out nonmarket norms in almost every aspect of life. Without quite realizing it, Sandel argues, we have drifted from having a market economy to being a market society. In Justice, an international bestseller, Sandel showed himself to be a master at illuminating, with clarity and verve, the hard moral questions we confront in our everyday lives. Now, in What Money Can't Buy, he provokes a debate that's been missing in our market-driven age: What is the proper role of markets in a democratic society, and how can we protect the moral and civic goods that markets do not honor and money cannot buy?

what is mdvip wellness program: **The Velvet Rope Economy** Nelson D. Schwartz, 2020-03-03 From New York Times business reporter Nelson D. Schwartz comes a gripping investigation of how a virtual velvet rope divides Americans in every arena of life, creating a friction-free existence for those with money on one side and a Darwinian struggle for the middle class on the other side. In nearly every realm of daily life--from health care to education, highways to home security--there is an invisible velvet rope that divides how Americans live. On one side of the rope, for a price, red tape is cut, lines are jumped, appointments are secured, and doors are opened. On the other side, middle- and working-class Americans fight to find an empty seat on the plane, a place in line with their kids at the amusement park, a college acceptance, or a hospital bed. We are all aware of the gap between the rich and everyone else, but when we weren't looking, business innovators stepped in to exploit it, shifting services away from the masses and finding new ways to profit by serving the privileged. And as decision-makers and corporate leaders increasingly live on

the friction-free side of the velvet rope, they are less inclined to change--or even notice--the obstacles everyone else must contend with. Schwartz's must read book takes us on a behind-the-scenes tour of this new reality and shows the toll the velvet rope divide takes on society.

what is mdvip wellness program: Effects of Health Care Payment Models on Physician Practice in the United States Mark W. Friedberg, Peggy G. Chen, Molly Simmons, Carol Vargo, 2018 This work presents the results of a 2017-2018 study conducted by RAND Health and sponsored by the American Medical Association (AMA) to update an initial study they conducted in 2014.

what is mdvip wellness program: The Shift DeWitt Wilkerson, E. Shanley Lestini, 2019 The Shift: The Dramatic Movement Toward Health Centered Dentistry provides a step-by-step guide to implementing complete health through dentistry. Together, we must successfully win this battle, exchanging sickness for vitality, energy and health. You're cordially invited to be part of the solution by reading The Shift. The Shift addresses 3 major focuses of Integrative Dental Medicine (IDM): Oral & Systemic Infection & Inflammation, Airway & Breathing Disorders, TMJ & Dental Occlusion Disorders

what is mdvip wellness program: Beat the Heart Attack Gene Bradley Bale, Amy Doneen, 2014-02-04 A revolutionary, personalized guide to preventing heart disease—America's #1 killer Heart disease is the #1 cause of death in America. It affects 81 million Americans and is the culprit in one of every two deaths in the United States. Most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. The good news is that with the right information and strategies, heart attacks are preventable—even if heart disease runs in the family. In *Beat the Heart Attack Gene*, world-renowned cardiovascular specialists Bradley Bale, MD and Amy Doneen, ARNP, present a new model for understanding and preventing heart disease. They explain the three different genetic types of cholesterol profiles and tailor treatments for each type, using their cutting-edge Bale/Doneen Method, a comprehensive, evidence-based medical treatment plan that detects cardiovascular disease (CVD) at early stages and stabilizes it with individualized medical and lifestyle therapy. *Beat the Heart Attack Gene* includes easy quizzes and self-tests that show how to determine cholesterol genotype as well as advice for how to apply that knowledge through and individualized lifestyle advice. For heart attack and stroke survivors, the Bale/Doneen Method also helps prevent recurrences by identifying and treating what's triggering the patient's disease—a crucial step that many cardiologists neglect. With their proven method utilized by healthcare professionals worldwide, Bale and Doneen empower readers by alerting them to potential health threats, and then offer personalized strategies so they can live healthy, active lives without fear of heart attack or stroke. Specifically, *Beat the Heart Attack Gene* addresses: *The hidden cause of most heart attacks *Early prevention methods *The dangerous cholesterol most doctors don't check *Major red flags for heart attack and stroke risk, including gum disease *The genes that increase cardiovascular risk as much as smoking *The best and worst supplements and foods for your heart *10 surprising ways to prevent heart attacks

what is mdvip wellness program: Atlas of Pelvic Anatomy and Gynecologic Surgery E-Book Michael S. Baggish, Mickey M. Karram, 2020-10-01 Combining detailed descriptions of pelvic anatomy with easy-to-follow instructions for gynecologic procedures, *Atlas of Pelvic Anatomy and Gynecologic Surgery*, 5th Edition, is a comprehensive, up-to-date atlas that reflects current practices in this fast-changing field. Pelvic anatomy and surgical operations are depicted through full-color anatomic drawings, correlative surgical artwork with step-by-step photographs, and computer-assisted hybrid photo illustrations. Complete coverage of both conventional and endoscopic surgeries helps you master the full spectrum of surgical procedures. - Covers all frequently performed gynecologic operations including laparotomy, laparoscopic, robotic, hysteroscopic, vaginal, vulvar, and cystoscopic procedures. - Includes expanded sections on gender reassignment surgery and vulvar and cervical surgery, as well as a new chapter devoted to laparoscopic techniques. - Contains a revised anatomic section with updated figures, plus high-quality artwork and clinical photographs throughout—now entirely in full color. - Features

numerous videos of surgeries and cadaver dissection. - Ideal for practicing obstetricians-gynecologists, obstetrics-gynecology residents, general surgeons, subspecialists, nurses, and medical students with an interest in gynecology. - Enhanced eBook version included with purchase, which allows you to access all of the text, figures, and references from the book on a variety of devices.

what is mdvip wellness program: Holy Hormones Ron Eaker, J. Ron Eaker, 2000-11
Combining medical facts and real-life experiences with a healing sense of humor, Holy Hormones! encourages women to choose a healthier lifestyle. More importantly, Dr. J. Ron Eaker will show how God's plan, written in nature and the Bible, challenges women to live more joyfully and with greater purpose.

what is mdvip wellness program: TIMBER Psychotherapy Basant Pradhan, Narsimha R. Pinninti, Shanaya Rathod, 2019
TIMBER psychotherapy is a novel, translational and biomarker informed, mindfulness-based cognitive behavioral therapy approach that addresses some of the current treatment gaps for PTSD, depression and traumatic psychosis. This treatment manual offers practitioners and patients alike a step-by-step guide to TIMBER (acronym for Trauma Interventions using Mindfulness Based Extinction and Reconsolidation of memories) psychotherapy, and has been divided into four parts: Understanding Complex Trauma and Traumatic Psychosis; Methodology and Application; Training Professionals; and Policy Implications & Future Research Directions. In addition to a strong rationale and evidence base for the TIMBER approach, the book also provides case examples accompanied by videos (available separately). Its special features include reproducible client handouts, assessment tools, and a list of resources for training to use TIMBER.

what is mdvip wellness program: The Acid Reflux Solution Dr. Jorge E. Rodriguez, Susan Wyler, MPH, RDN, LDN, 2012-03-27
Heal Heartburn and Lose Weight, Naturally If you suffer from acid reflux, you're not alone. More than 50 million Americans have GERD, or gastroesophageal reflux disease, and while antacids can be effective for short-term relief, they can also cause dangerous medical conditions if they're used for more than the recommended fifty days at a time. Luckily, The Acid Reflux Solution offers a simple plan to help you gradually and safely reduce—and eventually eliminate—the need for pills while alleviating your heartburn. In this combination medical guide and cookbook, gastroenterologist Jorge E. Rodriguez, MD, has teamed up with registered dietitian and food writer Susan Wyler to present a three-step program to heal heartburn naturally. This isn't a formal diet plan—no calorie counting required—but you'll probably shed some pounds while following The Acid Reflux Solution because these recipes were designed for good health. In fact, Dr. Jorge has not only healed his own heartburn since developing this plan, but he has also lost more than 30 pounds! In step one you make some simple lifestyle modifications, like raising the head of your bed, loosening your belt, and eating less but more often. These are easily achievable goals that you can start working on today. In step two, you start eating to avoid reflux. With 100 high-fiber, low-fat, portion-controlled recipes to choose from, this step is the most delicious—and surprising. The list of foods that actually trigger acid reflux is smaller than you might think, which means you can enjoy meals that you probably thought were off limits, like Cuban Black Bean Soup, Grass-Fed Beef and Portobello Blue Cheese Burgers, Asian Barbecued Chicken, and even Spaghetti and Meatballs. In the final step, you reduce the dosage and frequency of the medications you were taking to control your heartburn because you won't need them anymore. The Acid Reflux Solution combines the latest medical research with reflux-friendly recipes to help you feel great, lose weight, and live heartburn free.

what is mdvip wellness program: Food and Nutrients in Disease Management Ingrid Kohlstadt, 2016-04-19
Food and nutrients are the original medicine and the shoulders on which modern medicine stands. But in recent decades, food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress. With contributions from highly regarded experts who work on the frontlines of di

what is mdvip wellness program: Drug Treatment of Hyperlipidemia B. Rifkind, 1991-05-20
Originally published in 1991, ' Drugs Treatment of Hyperlipidemia' is a collection of essays that

include studies on lipid metabolism, diagnosis of lipoprotein disorders, detection and treatment of dyslipoproteinemia and trials of lipid lowering drugs amongst its topics

what is mdvip wellness program: *The Old Family Doctor* Henry Clark Brainerd, 1905 Fictional sketches of a rural family doctor in his community.

what is mdvip wellness program: *Body Signals* Bruce K. Lowell, Lisa Rogak, 1995 A guide for readers aged forty and older discusses age-related health problems, explaining how each part of the body is physiologically affected by aging and offering advice on when to seek treatment. \$25,000 ad/promo. Tour.

what is mdvip wellness program: *Professionalism in Medicine* John Spandorfer, 2010 This book highlights concepts of professionalism in medicine such as ethical issues and both clinical and non-clinical challenges in patient care.

what is mdvip wellness program: *The Kickass Single Mom* Emma Johnson, 2017-10-17 When Emma Johnson's marriage ended she found herself broke, pregnant, and alone with a toddler. Searching for the advice she needed to navigate her new life as a single professional woman and parent, she discovered there was very little sage wisdom available. In response, Johnson launched the popular blog Wealthysinglemommy.com to speak to other women who, like herself, wanted to not just survive but thrive as single moms. Now, in this complete guide to single motherhood, Johnson guides women in confronting the naysayers in their lives (and in their own minds) to build a thriving career, achieve financial security, and to reignite their romantic life—all while being a kickass parent to their kids. The Kickass Single Mom shows readers how to: • Build a new life that is entirely on their own terms. • Find the time to devote to health, hobbies, friendships, faith, community and travel. • Be a joyful, present and fun mom, and proud role model to your kids. Full of practical advice and inspiration from Emma's life, as well as other successful single moms, this is a must-have resource for any single mom.

what is mdvip wellness program: *Elderhood* Louise Aronson, 2019-06-11 Finalist for the Pulitzer Prize in General Nonfiction A New York Times Bestseller Longlisted for the Andrew Carnegie Medal for Excellence in Nonfiction Winner of the WSU AOS Bonner Book Award Winner of the 2022 At Home With Growing Older Impact Award As revelatory as Atul Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life. For more than 5,000 years, old has been defined as beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old age into a disease, a condition to be dreaded, denigrated, neglected, and denied. Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy--a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself. *Elderhood* is for anyone who is, in the author's own words, an aging, i.e., still-breathing human being.

what is mdvip wellness program: *My Doctor, My Friend* P.K. Hallinan, 2001-09-20 Gently lets children know what to expect from a visit to the doctor's office. Perfect for a child's first check-up

what is mdvip wellness program: *The Sleep Doctor's Diet Plan* Michael Breus, Debra Fulgham Bruce, 2012-05-22 Losing weight while you sleep may sound too good to be true, but in fact the connection between inadequate sleep and weight gain (among a host of other negative medical results) has long been recognized by medical researchers. Turning this equation on its head, clinical psychologist and board-certified sleep expert Dr. Michael Breus shows that a good night's sleep will actually enable you to lose weight, especially if you have been chronically sleep deprived. The Sleep Doctor's Diet Plan is designed to help any person who has been frustrated by her inability to shed weight by giving her the tools to overcome the stress, poor habits, and environmental challenges that stand between her and adequate rest. Sleep deprivation is a frustrating reality for many women faced with chronic stress or hormonal changes--and the fatigue, moodiness, and weight gain that

come with it might just be the tip of the iceberg. While helping thousands of women implement simple health and lifestyle changes to improve the quality and the quantity of their slumber, Dr. Breus has witnessed not only an upsurge in their energy levels and a diminishing of myriad health concerns, but also significant weight loss achieved without restrictive dieting or increased amounts of exercise. In *The Sleep Doctor's Diet Plan*, Dr. Breus delves into the science behind this sleep-weight-loss connection, explaining exactly how sleep boosts your metabolism, ignites fat burn, and decreases cravings and overall appetite, and he presents a realistic action plan to help you get your best sleep--and your best body--possible. He shows how you can overcome your personal sleep obstacles with a slumber-friendly evening routine, stress management techniques--even recipes for healthy meals and snacks--to help you fall asleep more easily. If you are ready to stop tossing and turning night after night, if you are done downing coffee to conquer nagging fatigue, and if you have bounced from one diet to another in an effort to find one that really, finally helps you lose the pounds you want, *The Sleep Doctor's Diet Plan* has the information, advice, and practical strategies you need to get deep, revitalizing sleep--and achieve a slimmer, healthier body in the process.

what is mdvip wellness program: Consumer-directed Doctoring United States. Congress. Joint Economic Committee, 2004

what is mdvip wellness program: The Beck Diet Solution Weight Loss Workbook Judith S. Beck, 2015-04-21 The Beck Diet Solution Weight Loss Workbook has descriptive copy which is not yet available from the Publisher.

what is mdvip wellness program: *The Practice of Family Medicine* David Frew Coulter, Derek John Llewellyn, 1971

what is mdvip wellness program: **Memphis Mayhem** David A. Less, 2020-10-06 Memphis gave birth to music that changed the world — Memphis Mayhem is a fascinating history of how music and culture collided to change the state of music forever “David Less has captured the essence of the Memphis music experience on these pages in no uncertain terms. There's truly no place like Memphis and this is the story of why that is. HAVE MERCY!” — Billy F Gibbons, ZZ Top Memphis Mayhem weaves the tale of the racial collision that led to a cultural, sociological, and musical revolution. David Less constructs a fascinating narrative of the city that has produced a startling array of talent, including Elvis Presley, B.B. King, Al Green, Otis Redding, Sister Rosetta Tharpe, Justin Timberlake, and so many more. Beginning with the 1870s yellow fever epidemics that created racial imbalance as wealthy whites fled the city, David Less moves from W.C. Handy's codification of blues in 1909 to the mid-century advent of interracial musical acts like Booker T. & the M.G.'s, the birth of punk, and finally to the growth of a music tourism industry. Memphis Mayhem explores the city's entire musical ecosystem, which includes studios, high school band instructors, clubs, record companies, family bands, pressing plants, instrument factories, and retail record outlets. Lively and comprehensive, this is a provocative story of finding common ground through music and creating a sound that would change the world.

what is mdvip wellness program: **Guide to Top Doctors** Center for the Study of Services (Washington, D.C.), 1999 A guide to doctors most highly recommended by other doctors, organized by metropolitan area. Includes details on each doctor's training, credentials and office locations.

what is mdvip wellness program: **The Value of Preventive Medicine** David Evered, Julie Whelan, 1985

what is mdvip wellness program: **Indianapolis Directory** , 1871 Comprising a complete alphabetical list of all business firms and private citizens, a classified business directory, and a miscellaneous directory of city and county officers, churches, public and private schools, benevolent, literary and other associations, banks, insurance co's, &c., and a variety of other useful information, also, a complete post office directory of Indiana.

what is mdvip wellness program: **Services Marketing: Concepts, Strategies, & Cases** K. Hoffman, John Bateson, 2016-01-01 Readers examine the use of services marketing as a competitive tool from a uniquely broad perspective with Hoffman/Bateson's SERVICES MARKETING: CONCEPTS, STRATEGIES, AND CASES, 5E. Using a reader-friendly, streamlined structure, this

book explores services marketing not only as an essential focus for service firms, but also as a competitive advantage for companies that market tangible products. A wealth of real examples feature a variety of businesses from industries both within and beyond the nine service economy supersectors: education and health services, financial activities, government, information, leisure and hospitality, professional and business services, transportation and utilities, wholesale and retail trade, and other services. Cutting-edge data addresses current issues, such as sustainability, technology, and the global market, giving readers valuable insights and important skills for success in business today. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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