

TOTAL WELLNESS & RECOVERY

TOTAL WELLNESS PARTNERS



*"For he who has health
has hope, and he who
has hope has every-
thing."*

~Owen Arthur



San Mateo Medical Center
A County System of Healthcare

TOTAL WELLNESS

Heart & Soul, Inc.



**Behavioral Health & Recovery Services
County of San Mateo**

DO YOU KNOW...

- People with behavioral health challenges can have longer life when they have more timely access to health care?
- 3 of 5 persons with serious behavioral health issues have health condition that can be preventable?
- 88% of this population do not receive care for their chronic physical health conditions, e.g. diabetes, high blood pressure, high cholesterol?



WHAT IS TOTAL WELLNESS?

- Total Wellness is about peer-driven **holistic care** uniting behavioral health and physical health (mind and body).
- It is **coordinated care** that integrates with **medical and behavioral health services** to address the whole person.
- It aims to **reduce preventable physical conditions and improve health outcomes for all behavioral health care participants.**



WHO WE SERVE?

San Mateo County BHRS (Behavioral Health and Recovery Services) adult and older adult clients. We accept MediCal, MediCare, ACE, MCE, and uninsured clients.



WHAT DOES TOTAL WELLNESS PROVIDE?

- Access to Primary Care Services
- Care Coordination by Nurse Care Manager
- Individualized Health Education
- Health Education Groups:
 - Nutrition & Exercise
 - Smoking Cessation
 - Well Body
 - WRAP
 - Walking Group & Physical Activities
 - Monthly Health Classes
- Peer Wellness Coaching
- Wellness Follow-up
- Healthy Living Celebrations



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