

## **Digital Lifestyle Change Program WellStart Health Joins American College of Lifestyle Medicine Corporate Roundtable**

*The American College of Lifestyle Medicine today announced that digital lifestyle change provider WellStart Health has joined its Lifestyle Medicine Corporate Roundtable. The organization provides a 12-week online program to empower participants at-risk or living with chronic conditions to take charge of their health and reduce their risk and even reverse their illnesses.*

ST. LOUIS ([PRWEB](#)) September 26, 2018 -- The American College of Lifestyle Medicine (ACLM) has announced the addition of WellStart Health to its Lifestyle Medicine Corporate Roundtable, a group of individuals and organizations whose collective vision is sustainable human health, a sustainable health care system and a sustainable world.

WellStart Health is an intensive lifestyle change program led by highly-qualified physicians, dietitians and health coaches. The goal of the 12-week virtual program is to support participants with chronic conditions, or those at high risk, to slow down and reverse their illnesses by empowering them with the knowledge and practical skills to take control of their own health. Many participants reduce and even eliminate medications, and feel better than they'd ever imagined possible.

Founded in 2015, the program is available to individuals and employers.

The WellStart Health program is evidence based, led by physicians and dieticians and organized around five core elements: mindfulness, optimal diet, resilience, movement and social support. Regular virtual visits are conducted with a physician, dietician and a dedicated health coach. It includes ongoing group discussions, daily text support with a health coach and daily articles and videos. Support then continues weekly after the end of the 12 weeks for a year. Biometric measurements at the beginning and end of the 12 weeks are conducted to clearly demonstrate success. The program engages the entire household, not just the individual, with meal plans, recipes and more.

“At WellStart Health, our mission is to eradicate lifestyle-related chronic illnesses through evidence-based medicine, engaging technology and a highly dynamic approach to coaching and behavior change,” said WellStart Health Co-founder and CEO Olivia Kelly. “Tackling the challenges of the chronic disease epidemic requires a force much greater than any one organization, initiative, or government. ACLM is a foundational leader of that force and WellStart Health is very proud to be a part of it through the Corporate Roundtable.”

“At WellStart, we passionately champion the principles of lifestyle medicine; it seems a natural fit to join the distinguished ACLM roundtable of like-minded, forward thinking individuals and organizations,” said WellStart Health Chief Medical Officer Saray Stancic, MD. “Together, we hope to collaborate and build meaningful partnerships to better serve our global health care communities.”

“For those who are motivated to make significant lifestyle changes for their health, having an online health team supporting them virtually along the journey is a tremendous resource,” said ACLM President George



Guthrie, MD, MPH, FACLM. “WellStart Health can be a valuable asset for individuals, physicians and employers in their quest to find healing for many chronic lifestyle related diseases. ACLM is pleased to have them in our Corporate Roundtable.”

The Corporate Roundtable of the American College of Lifestyle Medicine convenes health care and lifestyle thought leaders, with a keen focus on the power of Lifestyle Medicine to transform health and health care. Roundtable members explore effective Lifestyle Medicine clinical applications, strategies for accelerating reimbursement, and adoption and analysis of potential business-related opportunities. The Roundtable launched in 2015 and has grown to include more than 30 active member organizations.

**ABOUT THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE:** ACLM is the medical professional society for those dedicated to the advancement and clinical practice of Lifestyle Medicine as the foundation of a transformed and sustainable health care system. Lifestyle Medicine treats, often reverses and prevents chronic disease. It is the combined use of evidence-based lifestyle therapeutic approaches, such as a predominantly whole food, plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use and other non-drug modalities.

More than a professional association, ACLM is a galvanized force for change. ACLM addresses the need for quality education and certification, supporting its members in their individual practices and in their collective mission to domestically and globally promote Lifestyle Medicine as the first treatment option, as opposed to a first option of treating symptoms and consequences with expensive, ever increasing quantities of pills and procedures. ACLM members are united in their desire to identify and eradicate the root cause of disease. Learn more at <http://www.LifestyleMedicine.org>.

**ABOUT WELLSTART HEALTH:** WellStart Health is a digital intensive lifestyle change platform for employee populations and individuals living with lifestyle-related chronic diseases. Led by highly-qualified lifestyle medicine physicians, dietitians and health coaches, the goal of the program is to support participants with chronic conditions to slow down and reverse their illnesses by empowering them with the knowledge and practical skills to change their health trajectory. Through anti-inflammatory nutrition, physical activity, mindfulness and social support, our participants vastly improve their biometrics, reduce and eliminate medications, and feel better than they'd ever imagined possible. Moreover, our pay-for-outcomes model is an attractive option for employers who demand a concrete ROI from their health initiatives. Learn more at <https://www.wellstarthealth.com/program>.

**Contact Information****Jean Tips**

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