

LIFESTYLE AND MEDICATION GUIDANCE PROGRAM



Lifestyle and Medication Guidance sessions are free, one-on-one consultations offered in person or via telemedicine with a pharmacist who focuses on a holistic health approach.

She provides education, support, and personalized recommendations for your individual needs.

Medication Review

Our pharmacist can help you better understand the medications you're currently taking and discuss alternatives that might work better.

Our pharmacist will:

- Do a full medication review to discuss the medications you're taking
- Understand you how often you take each medication, how well tolerated it is, and how long you've been taking it
- Talk with you about other options that are available, if you are experiencing side effects or want a lower-cost choice

Once the medication review is done, you'll receive a personal list of your medications and an action plan to follow.

Lifestyle & Nutrition Support

Lifestyle and nutrition are important factors that can affect how well medications work and how well you feel.

Our pharmacist will discuss diet, exercise, and taking nutritional supplements based on your needs - with a focus on lifestyle medicine principles to reduce medication use, enhance your empowerment, and improve and sustain your overall health and wellness.



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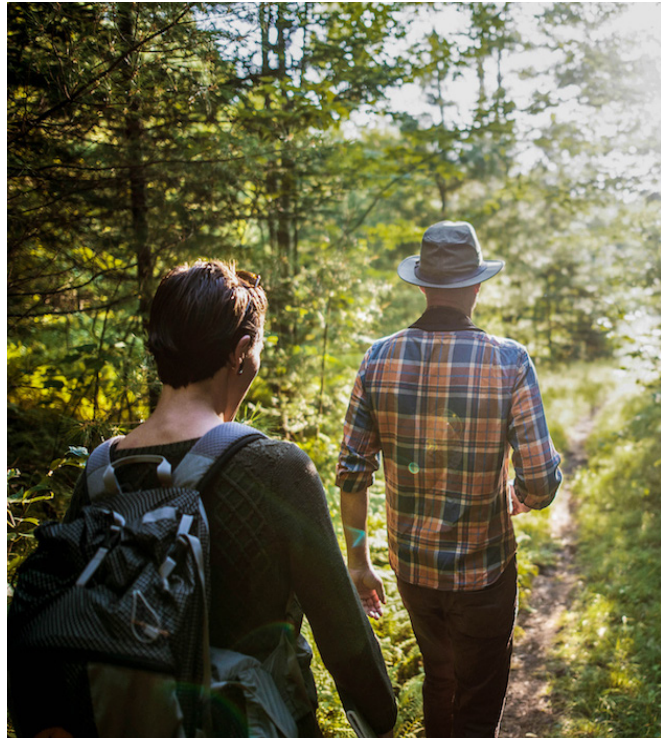


TESTIMONIALS

"I'm a nurse, so already had an understanding of the purpose of my meds and how to take them. It was very helpful to have a review of this and was very impressed with her holistic approach to medication management. We talked at length about dietary modifications, lifestyle, herbal supplements, etc. I found this consultation to be very helpful. The follow-up visit and emails are greatly appreciated. We have also found a way to reduce costs for my meds."

"I firmly believe that Keri has made it easy for my husband and I to live a longer, healthier life. She's a fountain of knowledge – what she doesn't know, she researches like crazy – and just a very smart, funny and kind person!"

"I was able to discuss matters with Keri that I had not even discussed with my doctor, as Keri was relaxed and able to take the time I needed in order for me to be open with her."



ABOUT KERI

Keri LeCompte PharmD., BCMTMS is a board-certified pharmacist with a passion for lifestyle medicine. She is an active member of the American College of Lifestyle Medicine and has completed a certificate program in plant-based nutrition through eCornell.

Keri is passionate about educating and empowering patients to be active participants in their health through evidence-based nutrition and lifestyle practices. She currently serves as the director of the Lifestyle & Medication Guidance Program at Blue Cross.

**CONTACT KERI TO SCHEDULE
YOUR FREE, CONFIDENTIAL
CONSULTATION.**

(802) 371-3660

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