



LIFESTYLE MEDICINE PHYSICIAN CONSULTATION

Lifestyle Medicine is an evidence-based medical specialty designed to empower you to prevent and reverse disease and improve well-being. Whether you have issues with prediabetes, high blood pressure, cholesterol, or weight, or just want to learn how to improve your health and happiness, Lifestyle Medicine can help you reach your goals.

Linda Shiue, MD, Chef, DipABLM | Lifestyle Medicine Physician Consultation

- Personalized, collaborative, whole person care
- Measurement of cardiometabolic vital signs
- Comprehensive dietary assessment, review of medical history and lifestyle
- Personalized Lifestyle Medicine prescription to help you reach your health goals using evidence-based, data-informed solutions
- Exclusive discounted meal delivery (optional)

Call (415) 833-7808 to schedule an appointment.

Kaiser Permanente San Francisco Health Education

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Photo of model, not actual patient.