Toni Murphy, DO, FACOI, FACE

Approval into the program

STEP 2 Joe Gerard

WELLNESS PROGRAM NAVIGATOR

Kick off your 6 month wellness journey with a welcoming phone call from your program navigator

End of all Pilot, All Inclusive Debrief





Fitness Evaluation & Training: Weekly Individual or Group Sessions



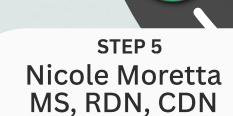
health & WELLNESS PROGRAM

6 Month Roadmap



STEP 3
Nate Schmidt, LPN

Body Composition Testing & Biometric Imaging



Nutrition & Dietetics Counseling Food & Nutrition screener survey



STEP 4
Robbie Erickson
Health & Wellness Coach

14 Health & Wellness Coaching Sessions



Organic, Local Prepared Meals 716 Fresh

This step is optional and will be determined by you & Nicole Moretta MS, RDN, CDN



Behavioral Health Counseling Christopher Siuta, Ph.D, LMHC

This step is optional and will be determined by Dr. Toni Murphy

Brought to you by:



Stage 2 Joe Gerard **WELLNESS PROGRAM** INITIAL POINT OF CONTACT

- 1. Telephone outreach to Patient to include orientation
- 2. Schedule first Health & Wellness Coaching (HWC) appointment after which, an automated pre-check in message will be sent out 3 days prior to initial HWC appointment including HWC surveys & AAFP Lifestyle questionnaire.

3. Send out patient email including Welcome Document



Stage 6

Nick Duchscherer,

End of all Program, All **Inclusive Debrief**

Stage 1 Dr. Toni Murphy

Completes Medical/Exercise History Review, Program Participation Clearance, MindArch Survey Administration and review & Online New Patient Request Form. Share Patent journey document/link. Solicit execution of Wellness Program Pledge



Stage 3

Nate Schmidt, LPN

InBody Body Composition

Testing & Review & Biometric

Stage 4 **Robbie Erickson**

> **Health & Wellness** Coaching (HWC)

- 1. Conduct 1st HWC session
- 2. Schedule 1st Nutrition session
- 3. Schedule 1st Fitness session
- 4. Schedule f/u HWC sessions



Stage 5 **Nicole Moretta** MS, RD, CDN

Nutrition & Dietetics Counseling Food & Nutrition screener survey



Behavioral Health Evaluation

Dr. Toni Murphy

This step is optional and will be determined by Dr. Toni Murphy



Behavioral Health Counseling

Christopher Siuta, Ph.D, LMHC

This step is optional and will be determined by Dr. Toni Murphy

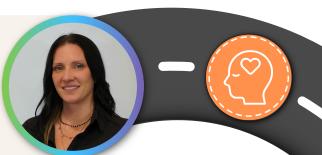


Organic, Fresh & **Local Ingredient Prepared Meals**

Corey Pepero 716 Fresh, LLC

This step is optional and will be determined by you and Nicole Moretta MS, RD, CDN







STEP 4
Robbie Erickson
Health & Wellness Coach
14 Health & Wellness
Coaching Sessions



Fitness Evaluation & Training: Weekly Individual or Group Sessions





Body Composition Testing & Biometric Imaging



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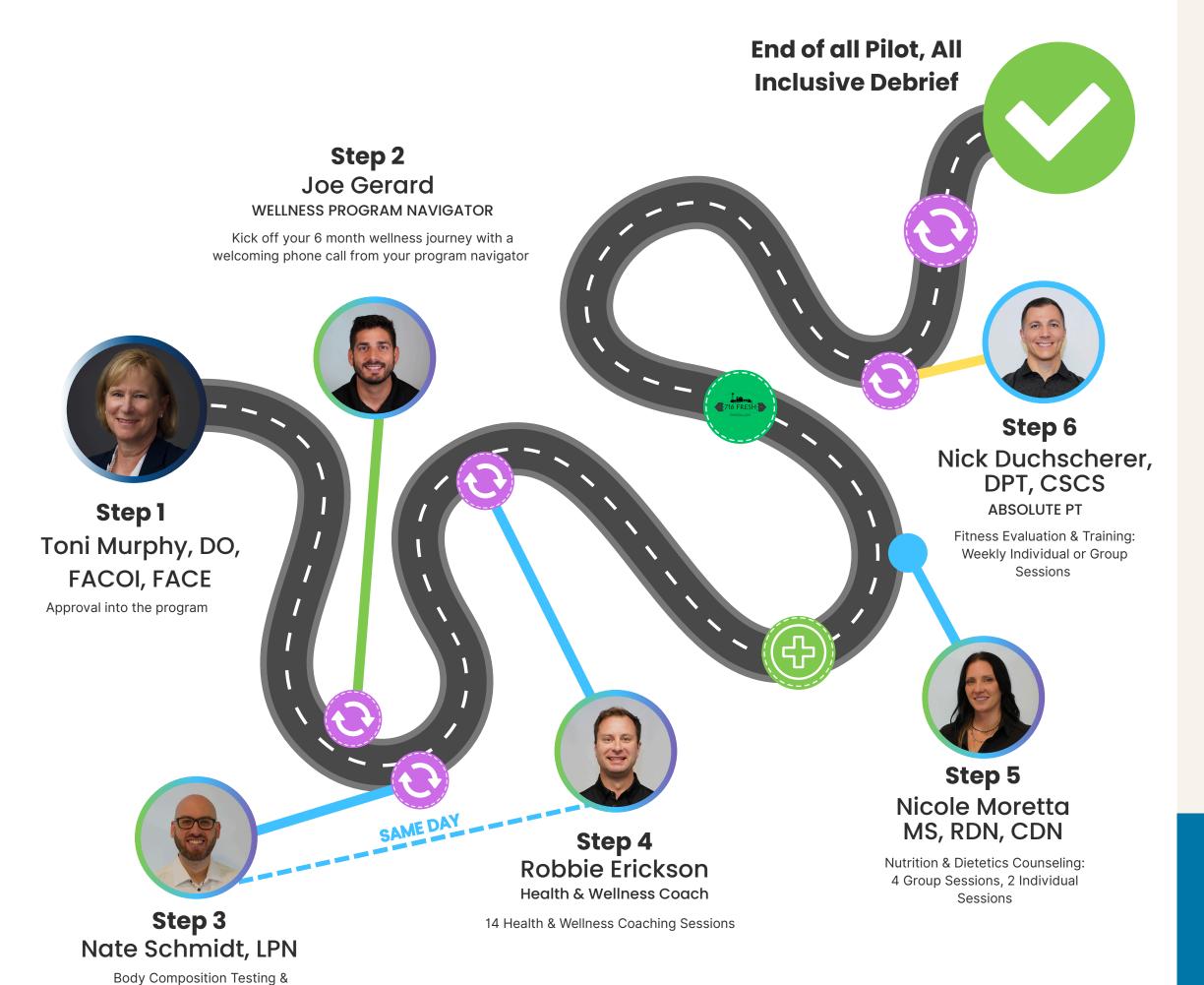
Organic, Local Prepared Meals 716 Fresh

This step is optional and will be determined by you & Nicole Moretta MS, RDN, CDN



Behavioral Health Counseling Christopher Siuta, Ph.D, LMHC

This step is optional and will be determined by Dr. Toni Murphy



Biometric Imaging



Behavioral Health Counseling Christopher Siuta,

Ph.D, LMHC

This step is optional and will be determined by Dr. Toni Murphy



Organic, Fresh & Local Ingredient Prepared Meals

Corey Pepero 716 Fresh, LLC

This step is optional and will be determined by you and Nicole Moretta MS, RD, CDN



Repeat Steps 2-6

Throughout your journey you will repeat these steps



STEP 1
Toni Murphy, DO,
FACOI, FACE

Approval into the program

STEP 2

Joe Gerard

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Organic, Fresh & Local Ingredient Prepared Meals

Corey Pepero 716 Fresh, LLC

This step is optional and will be determined



Behavioral
Health Counseling
Christopher Siuta,
Ph.D, LMHC

This step is optional and will be



HOLIDAY HOURS OF OPERATION

	Thanksgiving 11/27/25 11/28/25 12/24/25			Christmas 12/25/25	12/31/25	New Year's 01/01/26
Amherst/Williamsville: Lab Patient Service Center @ 5839 Main St	CLOSED	7AM-12PM	7AM-12PM	CLOSED	7AM-12PM	CLOSED
Buffalo Lab Patient Service Center @ 1500 Broadway Lab Patient Service Center @ Seton Building-SOCH Lab Patient Service Center @ 515 Abbott Rd- SBM Lab Patient Service Center @ 397 Louisiana-MCCC Lab Patient Service Center @ 301 Connecticut- DYC	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	CLOSED	7AM-330PM	7AM-12PM	CLOSED	7AM-2PM	CLOSED
	CLOSED	7AM-245PM	7AM-12PM	CLOSED	7AM-2PM	CLOSED
	CLOSED	7AM-12PM	7AM-12PM	CLOSED	7AM-12PM	CLOSED
	CLOSED	CLOSED	730AM-11AM	CLOSED	730AM-11AM	CLOSED
Cheektowaga/Lancaster: Lab Patient Service Center @ 20 Losson Rd Lab Patient Service Center @ 2625 Harlem Rd- Caritas	CLOSED	6AM-330PM	6AM-12PM	CLOSED	6AM-2PM	CLOSED
	CLOSED	7AM-345PM	7AM-12PM	CLOSED	7AM-3PM	CLOSED
Kenmore/Tonawanda: Lab Patient Service Center @ 2780 Delaware Lab Patient Service Center @ 2950 Elmwood Avenue-KMH	CLOSED	6AM-315PM	6AM-12PM	CLOSED	6AM-2PM	CLOSED
	CLOSED	7AM-330PM	7AM-330PM	CLOSED	7AM-330PM	CLOSED
<u>Lackawanna</u> : OLV Senior Neighborhood @ 55 Melroy Ave	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Niagara Falls: Lab Patient Service Center @ 7300 Porter Rd Lab Patient Service Center @ 5300 Military Road	CLOSED	7AM-12PM	7AM-12PM	CLOSED	7AM-12PM	CLOSED
	CLOSED	7AM-1PM	7AM-12PM	CLOSED	7AM-12PM	CLOSED
Lab Patient Service Center @ 6001 Shimer Drive	CLOSED	6AM-330PM	6AM-12PM	CLOSED	6AM-2PM	CLOSED
Orchard Park/East Aurora/Hamburg: Lab Patient Service Center @ 94 Olean Street Lab Patient Service Center @ 3669 Southwestern-MACC Lab Patient Service Center @ 4855 Camp Rd	CLOSED	7AM-245PM	7AM-12PM	CLOSED	7AM-12PM	CLOSED
	CLOSED	7AM-345PM	7AM-245PM	CLOSED	7AM-245PM	CLOSED
	CLOSED	6AM-330PM	6AM-12PM	CLOSED	6AM-2PM	CLOSED
West Seneca: Lab Patient Service Center @ 1900 Ridge Rd	CLOSED	6AM-230M	6AM-12PM	CLOSED	6AM-2PM	CLOSED