

YOUR WEIGHT MANAGEMENT TEAM INCLUDES:



Primary Care Provider



Patient Care Navigator



Personal Trainer



Nutritionist



Nurse Educators



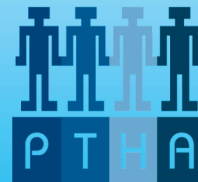
CONTACT US

📍 2209 E 32nd St, Tacoma, WA 98404

📞 253.593.0232

🌐 www.eptha.com

✉️ PCN@eptha.com



Puyallup Tribal Health Authority

Weight Management Program

**PUYALLUP TRIBAL
HEALTH AUTHORITY**

You, the patient, are the most vital part of your wellness team.

- Create attainable goals to improve health
- Receive regular motivational check-ins for accountability and encouragement
- Personalize your care to fit your needs
- Make healthy lifestyle changes that include nutrition and physical activity

Our team is here to help support you along the way.

Our Services

PRIMARY CARE

Your primary Care Provider will do a necessary evaluation, order labs, and refer you to the program and initial appointment with your Patient Care Navigator. This is the first point of contact before starting the program. You will have routine check-ins with your provider along your journey.

PATIENT CARE NAVIGATOR

Our Patient Care Navigator will be your advocate throughout your journey, helping you create manageable and attainable personalized goals, keeping you accountable and answering questions, and providing encouragement throughout your journey. This will be your point of contact for any care you need to guide you to success: the hub for connecting you to each of the team members in your weight management plan.

NUTRITIONIST

Our Nutritionist can provide tools to help you make the necessary dietary changes in line with your goals while providing coaching and nutritional guidance and creating nutritious personalized meal plans.

PERSONAL TRAINER

Our Personal Trainer can help you find exercises that are safe for you. You will work together to develop a routine that supports your overall health and wellness goals. Our trainer can work with any mobility concerns to help you along your journey.

NURSE EDUCATORS

Nurse Educators can meet with you to provide any additional education or support you may need.