

# Healthier Together

## Telehealth-based care



The **Healthier Together Clinic** is a comprehensive healthcare program that combines the expertise of our endocrinology specialists and pediatric nurse practitioners. Nutrition, activity, stress reduction, and related discussions drive treatment recommendations to ensure optimal health centered around developing a healthy lifestyle.



**Children's Hospital**  
New Orleans  
LCMC Health



## Healthier Together video visits

After an initial clinic visit with our endocrinologist, you will be able to begin Healthier Together video visits with our PNP, who specializes in healthy lifestyle planning and counseling.

**Video visit counseling sessions offer numerous benefits:**

- Meet with the provider from anywhere in Louisiana
- No traveling to the clinic for weekly consults
- Structured sessions are completed in under 30 minutes
- Less time missed from school and work
- Plans are customized for each child and family

**The Healthier Together Clinic is by referral only through a patient's primary care pediatrician or an endocrinology provider when a child or teen is noted to have a body mass index (BMI) at or above the 95th percentile for age.**

### **Why Participate?**

Adopting healthy lifestyle behaviors early in life can help avoid, improve, or reduce risks of long-term health problems, which may include:

- Diabetes
- Heart Disease
- High Cholesterol
- Bone, Muscle, or Joint Issues
- Fatty Liver Disease
- High Blood Pressure
- Sleep Apnea
- Depression
- Anxiety

Healthier Together uses a family-centered approach to improving healthcare. In fact, we encourage parents and caregivers to participate in treatment planning to ensure patient success in reducing or stabilizing BMI and reaching ideal health.

### **How It Works**

- Tell your provider that you would like to participate in the Healthier Together Clinic.
- A Children's Hospital representative will call you to schedule your initial appointment with an Endocrinology Specialist.
- This initial visit is to establish whether any weight-related issues are metabolic, nutritional, or behavioral in nature. An appropriate care plan will be developed based off this determination. If the causes are nutritional or behavioral in nature, you will be referred to our pediatric nurse practitioner for Healthier Together Visits. Healthier Together visits focus on learning and adopting healthier nutritional, behavioral, and lifestyle choices to improve health.
- Patients will ideally attend 26 visits. Typically, these will begin as weekly counseling sessions, evolving into bi-weekly and monthly sessions. These visits are conducted via video, so there is minimal inconvenience to the patient and family. The sessions range from 15-30 minutes and in the convenience of your home.

**Occasionally, we may require in-person visits to supplement the Healthier Together Clinic. These visits are conducted in one of these locations.**

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