



Healthy Living

Community resources to develop healthier habits

Your Family-Centered Medical Home: focused on wellness & healthy habits

We believe that wellness begins with healthy living. Body weight gives doctors a good indication of your child's health. About one in five children in the U.S. have unhealthy habits. Your providers want to help families to develop healthier habits.

A healthier lifestyle improves energy levels and self-esteem, AND helps prevent conditions such as diabetes, heart disease and depression.

2 Online Services keep you connected:
www.jeffersandmann.com

Patient Portal

- ✓ Access to your medical records
- ✓ Request an appointment
- ✓ Ask our staff
- ✓ Request prescription refills

Pre-visit Screening Tool called CHADIS

- ✓ Fill out age-appropriate screening forms
- ✓ Do paperwork in advance

We're here to help!

Raleigh office 919-786-5001
Clayton 919-359-3500
Cary 919-852-0177
Wake Forest 919-453-5363
Holly Springs 919-586-0050

Diet and Exercise Programs

Energize! Program by WakeMed

Intensive family-based nutrition and exercise program for children at risk for obesity and metabolic syndrome.

919-350-7584

www.wakemed.org (search energize)

Duke Children's Healthy Lifestyles Program

Multi-disciplinary referral clinic for pediatric weight management.

919-620-5356

866-530-5356

www.dukechildrens.org/services/nutritional

Ready to Change

A Wake County WIC (women's, infant and children) program

Nutrition and exercise classes for families who qualify for the federally-funded WIC program and also available to non-income eligible children between 1 and 5 years of age.

919-250-4728

Eat Smart, Move More NC

Offers free nutrition classes for low-income families with children.

919-250-1114

www.eatsmartmovemorenc.com

After an office visit, we can fax a referral form for any of these above programs.

Get Active!

Parks and Recreation Programs

Public greenways, public community centers with fitness facilities, recreation programs for youth, athletic teams, swimming, tennis, basketball, dance & much more.

YOUR CARE COORDINATOR at Jeffers, Mann & Artman is the point person, keeping track of all your specialists & outside resources. We keep all aspects of your care connected and up-to-date.

Wake County Parks and Recreation

www.wakegov.com/parks

Johnston County Parks and Recreation

www.johnstonnc.com/mainpage

YMCA's

Exercise classes for the entire family, sports leagues, camp programs, nutrition and personal training classes, swim teams, swimming lessons. www.ymcatriangle.org

Boys & Girls Clubs

Sports, fitness, recreation, arts, education, career, health and life skills programs.

Wake County Boys & Girls Club

www.wakebgc.org

Johnston County Boys and Girls Club

www.bgjohnstoncounty.org

Websites

Academy of Nutrition and Dietetics

Access to nutrition information and search for dietitians in your area (Medicaid does not cover the cost of private nutritionists, please consult your insurance co. about coverage). www.eatright.org

AHA (Advocates for Health in Action)

Information on where to access healthful food and physical activities in Wake County. www.advocatesforhealthinaction.org

NC Department of Health and Human Services

www.ncdhhs.gov/childrenandyouth
Comprehensive listing of services and resources, including children with special diet needs.

Poe Center for Health Education

www.poehealth.org

Great user-friendly site full of resources.