

My Integrative Healthcare Plan

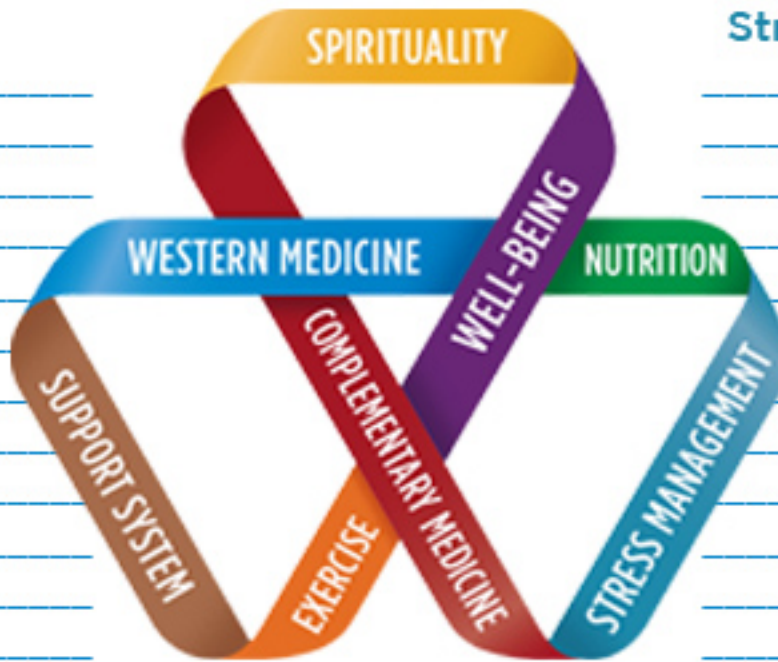
Western Medicine

Complementary
Medicine

Nutrition

Exercise

Stress Management



Well-being

Support System

Spirituality