UW Health offers an extensive list of integrative health and wellness services at several locations. This document provides overview and contact information to assist you with referrals.

**INTEGRATIVE HEALTH**
Integrative health is healing-oriented medicine that honors the whole person, including a person’s values, lifestyle and relationships. The goal is to use the most appropriate therapies and approaches to activate the body’s natural abilities to heal. It is informed by the most current medical research and draws from both conventional and complementary therapies.

The Integrative Health program was founded in 2001 and is one of the largest programs in the country. The team consists of physicians with fellowship training in integrative health, health psychologists, mindfulness instructors, fitness experts and complementary health professionals, including acupuncturists, Feldenkrais Method and Healing Touch practitioners, licensed massage therapists and bodyworkers.

**CENTER FOR WELLNESS**
The Center for Wellness helps people restore balance in their lives on their journey to better health. The wellness team works to identify lifestyle changes, encourage self-care practices and create a personalized wellness plan. Physician consultations, group medical visits and health coaching are available. Mindfulness programs, massage therapy and acupuncture are also available along with an aquatics center, learning kitchen and wellness studio.

<table>
<thead>
<tr>
<th>INTEGRATIVE HEALTH</th>
<th>Physician Consultation</th>
<th>Mindfulness Program</th>
<th>Fitness Center</th>
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<tbody>
<tr>
<td>UW Health</td>
<td>UW Health: Use “Consult Integrative Health” within HealthLink – a staff member will contact the patient to schedule an appointment.</td>
<td>@ (608) 265-8325 or visit uwhealth.org/mindfulness</td>
<td>For questions regarding appropriateness of specific classes for patients: (608) 265-8317</td>
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<tr>
<td>Research Park Clinic</td>
<td>Other Health Systems: (608) 262-9355, Option 1</td>
<td>UW Health: Use “Consult Integrative Health” within HealthLink – a staff member will contact the patient.</td>
<td>For class/fitness center membership questions: (608) 263-7936 or visit uwhealth.org/fitnesscenter</td>
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<tr>
<td>621 Science Dr. Madison, WI 53719</td>
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<tr>
<td>UW Health at The American Center</td>
<td>UW Health: Use “Consult Wellness” within HealthLink – a staff member will contact the patient to schedule an appointment.</td>
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<tr>
<td>4602 Eastpark Blvd. Madison, WI 53718</td>
<td>Other Health Systems: (608) 440-6600</td>
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<th>UW HOSPITAL AND AMERICAN FAMILY CHILDREN’S HOSPITAL</th>
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<tr>
<td>Integrative Health Clinic</td>
<td>For more information, visit uwhealth.org/healingtouch and uwhealth.org/integrativehealth</td>
<td>UW Hospital and American Family Children’s Hospital</td>
<td>Massage Therapy</td>
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<tr>
<td>600 Highland Ave. Madison, WI 53792</td>
<td>(608) 265-1700 or (800) 323-8942 to schedule appointments</td>
<td>Instructions on how to request services for patients and families are available at uwhealth.org and information for UW Health staff is available on U-Connect</td>
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Integrative Health

UW Health Research Park Clinic
621 Science Dr., Madison, WI 53719
(608) 262-9355  ■  uwhealth.org/integrativehealth

PHYSICIAN CONSULTATION
Integrative Health physicians see patients who want to focus on wellness and prevention; who have a specific diagnosis such as cancer, chronic pain, fatigue, autoimmune problems, digestive disorders, mental health problems, heart disease; or who are dealing with multiple chronic issues.

One to three visits are recommended, depending on a person’s symptoms, conditions and health needs. A team approach is encouraged with regular follow-up with the referring provider and all members of the health care team who are crucial to helping to institute the recommendations.

In the first 60-minute appointment, each patient completes a personal health inventory exploring self-care and other areas that might be relevant to the pursuit of health. After the physician completes a thorough health history, the physician and patient set goals that may include:

• Nutrition
• Exercise/Activity
• Mind-body approaches to stress management
• Sleep
• Spirituality
• Community engagement, support network
• Personal development
• Environmental factors

Evidence-based treatments may be suggested, including: dietary supplements (vitamins, herbs, probiotics), nutritional recommendations, mind-body therapies, mindfulness meditation and/or referrals to complementary practitioners.

Appointments
UW Health: Use “Consult Integrative Health” within HealthLink – a staff member will contact the patient to schedule an appointment.

Other Health Systems: 608) 262-9355.

Please Note: Physician consultations require a physician referral and are covered by many insurance plans.

MINDFULNESS PROGRAM
The Mindfulness Program began in 1993 and offers mindfulness meditation for adults and youth through group classes and retreats, including:

• Mindfulness-Based Stress Reduction (MBSR)
• Mindfulness-Based Childbirth and Parenting (MBCP)
• Mindfulness for teens, middle schoolers and families with children

UW Health:
Use “Consult Integrative Health” within HealthLink

Other Health Systems:
(608) 265-8325 or visit uwhealth.org/mindfulness

COMPLEMENTARY SERVICES
• Acupuncture
• Feldenkrais Method-Individual and group sessions
• Healing Touch
• Massage Therapy and Bodywork

Appointments
(608) 262-9355, Option 2

Please Note: Complementary Services and Mindfulness Programs are open to the public. Participants do not need to receive health care through UW Health to participate. Services are available for a fee and some insurance plans may cover some of the charges. For questions about insurance coverage for complementary services, call (608) 890-8842.

FITNESS CENTER
Memberships and Classes
Fitness Center memberships and classes are available through the medically-based Research Park Clinic Fitness Center.

• Tai chi
• Qigong
• Yoga
• Feldenkrais Method
• Pilates
• Land-based and aquatics-based programming for general fitness, movement and strength training
• Living Falls Free balance training
• Performance Edge individual coaching

Appointments
For questions regarding appropriateness of specific classes for patients, (608) 265-8317. For class/fitness center membership questions, (608) 263-7936.

Please Note: The Fitness Center is open to the public. Participants do not have to receive health care through UW Health to purchase a membership or participate in classes.
CENTER FOR WELLNESS

WELLNESS CONSULTATIONS
In these 60-minute appointments, a physician or advanced practice provider works with a patient to assess and explore the patient’s current health and desired goals. A personalized lifestyle plan is developed to encourage self-care practices to optimize health. Follow-up visits are scheduled to assist in the achievement of goals and lifestyle changes.

GROUP MEDICAL VISITS
Group medical visits offer an innovative approach to healthcare bringing patients with common healthcare needs together with a physician or advanced care provider. Current group medical visits focus on healthy eating, healthy sleep, stress management, pain management, digestive health, aging well as they relate to specific medical problems including: risk factors for heart disease and stroke, anxiety, depression and stress, arthritis and pain. Each visit includes a brief exam with a physician and regular office charges are submitted to insurance.

Appointments
UW Health: Use “Consult Wellness” within HealthLink – a staff member will contact the patient to schedule an appointment.
Other Health Systems: (608) 440-6600.

Please Note: Wellness consultations and group medical visits do not require a physician referral and are covered by many insurance plans.

HEALTH COACHING
Sessions with a certified health coach help refine goals to bridge gaps between medical recommendations and self-care. Patients are empowered to make lasting health behavior changes.

Appointments
Call (608) 440-6600.

Please Note: Health coaching services are open to the public. Participants do not have to receive health care through UW Health to purchase services and participate.

COMPLEMENTARY SERVICES
- Acupuncture
- Healing Touch
- Massage Therapy and Bodywork
- Health Psychology
- Nutritional Consultations
- Rehabilitation Therapy

Appointments
(608) 440-6600

MINDFULNESS PROGRAM
The Mindfulness Program began in 1993 and offers mindfulness meditation for adults and youth through group classes and retreats, including:
- Mindfulness-Based Stress Reduction (MBSR)
- Mindfulness for teens, middle schoolers and families with children
- Mindfulness-Based Eating Awareness Training (MB-EAT)
- Mindfulness Training for Smokers (MTS)

UW Health:
Use “Consult Integrative Health” within HealthLink
Other Health Systems:
(608) 265-8325 or visit uwhealth.org/mindfulness

AQUATICS CENTER, LEARNING KITCHEN, WELLNESS STUDIO
A wide range of classes for adults of all ages and fitness levels are available.
- Cooking Classes
- Fitness Classes
- Fitness Evaluations and Personal Fitness Training
- Water Exercise Classes
- Yoga/Mindful Movement

Registration
uwhealth.org/wellnesscenter

Please Note: Complementary Services, Mindfulness Programs and Wellness Classes are open to the public. Participants do not need to receive health care through UW Health to participate.
University of Wisconsin Carbone Cancer Center

Integrative Health Clinic
600 Highland Ave., Madison, WI 53792
(608) 265-1700  uwhealth.org/cancer

ACUPUNCTURE AND HEALING TOUCH
These services are offered at the UW Carbone Cancer Center and are available to current patients of the center in both inpatient and outpatient settings.

Appointments
For more information, see uwhealth.org/healing touch and uwhealth.org/integrativehealth. Please call (608) 265-1700 or (800) 323-8942 to schedule appointments.

Please Note: Patients need to be receiving care at UW Carbone Cancer Center to receive these services.

UW Hospital and American Family Children’s Hospital

600 Highland Ave., Madison, WI 53792
uwhealth.org  uwhealthkids.org

ACUPUNCTURE, HEALING TOUCH AND MASSAGE THERAPY
These services are available for a fee to any patient at the hospitals when approved by a physician.

Appointments
Instructions on how to request services for patients and families are available at uwhealth.org and information for UW Health staff is available on U-Connect.

Please Note: Some UW Hospital inpatient units offer these services to patients during specific hours each week at no charge. Please call (608) 890-8842 for information.