

A NEW YEAR,
A NEW YOU



THIS YEAR, YOU WANT TO OWN YOUR HEALTH!

The North Cypress Internal Medicine and Wellness Team is here to help! Our wellness team is excited to help with your health journey in a way that best fits your path! Select an option below and reach out to us by phone or on the portal to snag an appointment.

Dorothy C. Serna, MD
Stacey Gibilterra, FNP

Sarah Keyes, MS, PA-C

ONE-ON-ONE SESSIONS

We offer one-on-one coaching sessions to the motivated patient who wants a lot of hands-on discussion and guidance. We facilitate the formation of a wellness vision and then guide weekly, bi-weekly, or monthly goals at each session. From trouble-shooting obstacles to brainstorming the best ideas for your health, we can cover what you need in these comprehensive sessions. Schedule with any of the wellness team.

TELEPHONE COACHING

Are you too busy taking on your health or with life in general to come to the office? No problem! We offer telephone coaching sessions that are just as comprehensive as a one-on-one coaching session! Let us know you want to do your coaching by telephone, and we will make it happen. Schedule with any of the wellness team.

COACH CHECK-INS

Maybe you have this whole “health thing” figured out and planned. Maybe you already have SMART goals, a water bottle, tennis shoes, and your meal plan is in place. All you need is someone to call you at designated intervals to check-in and offer accountability! Happy to do so. Let us know you want coach check-ins and we will schedule them at your convenience. Schedule with Coach Sarah and Jamie.



LIFESTYLE MEDICINE VISITS

If you are looking for a visit that can address your chronic care needs while also incorporating coaching, try a Lifestyle Medicine Visit! During these visits, we can address the whole picture of your health—including refilling medications, discussing new symptoms or problems, and setting and reviewing goals. Schedule with Dr. Serna, Stacey, or Sarah today!

*Coaching sessions either in-person or telephone are \$35-\$55

*Coach Check-ins are for anyone who has met with a coach before and are done as part of care management services.

*Lifestyle medicine visits are subject to copays.

