

Join over 1,700  
Certified Healthcare  
Practitioners

# FirstLine Therapy<sup>®</sup> Certification

Comprehensive evidence-based operating system  
for delivering personalized lifestyle medicine



# FirstLine Therapy®

## Personalized lifestyle medicine, applied

### Health care is not one-size-fits-all.

Personalized lifestyle medicine is a patient-centered approach to lifestyle intervention. Our food-first approach combines healthy eating, healthy living, and physical activity to help manage and promote the health of each individual patient.

With the FirstLine Therapy certification program, you'll gain the knowledge and tools you need to implement a personalized lifestyle medicine model in your practice and help patients achieve better health from the inside out.

- ~50% of chronic diseases may be prevented through diet and lifestyle changes<sup>1,2</sup>
- 80%+ of US healthcare costs are related to chronic disease<sup>3,4</sup>
- ~60% of Americans are living with one or more chronic diseases<sup>5</sup>

## FirstLine Therapy advantages for the practice and patient

- Delivers a complete operating system for optimal clinic flow
- Provides a structured 12-week system to teach patients behavior modifications for a lifetime approach to healthy living
- Offers patient forms, tools, and educational materials
- Offers ongoing learning opportunities with advanced seminars and webinars
- Offers clinically demonstrated, successful medical nutrition therapy for supporting the patient

## FirstLine Therapy benefits for the practice and patient

- A structured system with interactive forms, tools, and patient Starter Kit
- Practitioner visits and lifestyle educator sessions regularly scheduled for an initial 12 weeks, followed by next-step strategies for ongoing support
- Lifestyle educators who use proven coaching techniques to support patients by cocreating meal plans and SMARTER goals for a lifetime approach to healthy living
- Advanced protocols that provide the practitioner with options to support clinical intervention the areas of metabolic detoxification, ketogenic meal planning, intermittent fasting, Identi-T® stress, 5R GI restoration program, and much more...(individual and group options available)

## Do I qualify?

A perfect candidate for FirstLine Therapy is a licensed healthcare practitioner who meets the following criteria:

- Able to attend with a designated lifestyle educator†
- Able to order and interpret labs
- Able to dispense product within the practice

†It is highly recommended that Lifestyle Educators have a clinical designation such as: Registered Dietitian (RD), Clinical Nutrition Specialist (CNS), Physician Assistant (PA), or Registered Nurse (RN) in addition to a background in patient coaching and nutrition.

### References:

1. National Association of Chronic Disease Directors. Why Preventing Chronic Disease is Essential – Prevention Works. Trust for America's Health. [https://www.tfah.org/wp-content/uploads/2018/12/COMMS\\_WP\\_InvestinginCD2018F.pdf](https://www.tfah.org/wp-content/uploads/2018/12/COMMS_WP_InvestinginCD2018F.pdf). Accessed August 27, 2019.
2. Centers for Disease Control and Prevention. Chronic Disease Overview. <https://www.cdc.gov/chronicdisease/overview/>. Accessed August 27, 2019.
3. Office of Disease Prevention and Health Promotion. Dietary Guidelines 2015–2020: Nutrition and Health Are Closely Related. Health.gov. <https://health.gov/dietaryguidelines/2015/guidelines/introduction/nutrition-and-health-are-closely-related/>. Accessed August 27, 2019.
4. National Center for Chronic Disease Prevention and Health Promotion. How You Can Prevent Chronic Diseases. <https://www.cdc.gov/chronicdisease/about/prevent/index.htm>. Accessed January 30, 2020.
5. Centers for Disease Control and Prevention. Chronic Diseases in America. <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>. Accessed August 27, 2019.

# Get certified

Come in ready to learn. We'll take care of the rest.

Our two-day, highly interactive trainings include step-by-step workshops focused on chronic disease management, effective menu planning, patient coaching, behavior modification techniques, and more—led by experienced healthcare practitioners and experts in the field of lifestyle medicine.

## Option 1

Learn alongside your peers.

You'll have the opportunity to meet, share ideas, and participate in an open-forum discussion with other practitioners like you who are interested in transforming their practice to a personalized lifestyle medicine approach.

## Option 2

We come to you.

You and your team can also receive your certification from the comfort of your own office, where we'll be happy to find a time that fits with everyone's schedule.

# Tools & support

Get the tools and resources you need.

As a certified FirstLine Therapy practitioner, you will receive support for your practice and your patients.

## Practice support:

- FirstLine Therapy exam and certificate
- Onsite implementation and training
- Personalized program and staff support for 1 year

## Patient support:

You'll have access to patient questionnaires, clinical protocols, educational materials, and more to support your patients' health journey every step of the way.

# Meet the team of experienced FirstLine Therapy clinicians and practice specialists:



**Tricia Paulson, ND** is the founder of and primary physician at True Health Naturopathic Medicine. As an educator and speaker for the Wisconsin Chiropractic Association and Nutrition Dynamics, she has developed and implemented curricula in clinical nutrition, detoxification, and gut restoration. FirstLine Therapy is the cornerstone of her Functional Medicine practice, which specializes in the treatment of chronic diseases through a patient-centered approach.



**Elizabeth DiMeo, MS, CNS, LDN** brings nearly 20 years of experience as a Functional Medicine nutritionist to her role as a FirstLine Therapy Practice Specialist at Metagenics. Through her work at Canyon Ranch and in private practice, DiMeo has helped countless patients integrate lifestyle medicine into their own lives. Her FirstLine Therapy experience is applied throughout the nutritional protocols and lifestyle medicine, business, and marketing development in which she is involved. As an enthusiastic participant in the Metagenics mission to help lead the movement to make personalized nutritional intervention the standard of care, DiMeo strives to help healthcare practitioners optimize their FirstLine Therapy resources to create thriving twenty-first century clinical practices that focus on the management of disease and promotion of optimal health.



**Trisha Howell, MSH, RD, LDN, IFMCP** is a certified Functional Medicine nutritionist and the founding dietitian of the Cleveland Clinic Center for Functional Medicine. She has over 20 years of experience delivering personalized medicine in wellness, disease prevention, and health promotion, which aligns well with the Practice Specialist role. Howell's passion is to be part of a team whose mission is to change the way we do healthcare by empowering the physician and lifestyle educator and their patients with connection, education, and a deeper understanding of implementing FirstLine Therapy for successful transformational health outcomes.



**Kristi Tuck, Director, Practice Systems and Innovations, FirstLine Therapy Consultant** brings over 30 years of experience delivering personalized health and wellness programs to individuals with a variety of chronic health conditions. Professionally trained as an exercise physiologist and wellness coach, Tuck thrives at helping people become their best self through targeted lifestyle modification. Tuck and her team of Practice Specialists are skilled at helping healthcare practitioners deliver innovative, financially successful patient care programs by supporting them every step of the way.

➤ For pricing and current FirstLine Therapy certification locations, please visit [www.metagenics.com/flt](http://www.metagenics.com/flt)

## What FirstLine Therapy certified practitioners are saying...

"I have been very pleased with the positive changes that it brought to my practice. The program has helped us be able to give our patients direction as well as helping us with the direction of our practice. It is exciting to see how patients improve, not only their weight but their chronic conditions as well. I have had patients in their 40s through 70s go through the program successfully. I highly recommend it to my patients as an adjunct to their medical care and disease prevention."

—*Teresa C. Iribarren, MD*  
Miami, Florida

"We can't thank you enough for this quality training. This was my 4th or 5th FirstLine Therapy in 13 years and truly the most effective of them all. Tricia, Kristi, and Elizabeth are an amazing team."

—*Steve Steeves, CCN, ND, PSc.D*  
Nutrition & Health Center  
Houston, Texas

"We have been extremely happy with FirstLine Therapy here at Healthy Connections. Even from the beginning of the training, it has been a top-notch program through and through. The training was educational and interactive. Having our whole team take it together was key!

The best thing about the program is the results. Our clients have had tremendous success. Many of our clients came to see us simply for the lifestyle program but were so impressed with the results and our team's professionalism that they have become primary care clients of ours. We just keep growing the program, and we couldn't be happier."

—*Jeffrey Horacek, MD*  
Healthy Connections  
Hood River, Oregon

Cancellation must be received five working days prior to the seminar. No refunds for "no-shows."  
No registration at the door.

