

Services Available to You:

Be Active Be Well provides you or you loved one with the highest level of recuperative and continued in-home therapy. All of our comprehensive plans are customized for your individual needs and include:

Physical Therapy

- gait training
- balance drills
- fall prevention
- therapeutic exercise
- post-stroke & surgical rehabilitation

Occupational Therapy

- muscle re-education
- self-care skills training
- bathroom modifications
- assistance with relocation
- energy conservation training

Speech Therapy

- voice quality enhancement
- breathing & voice exercises
- assessment of communication & swallowing disorders
- cognition training for memory, attention & problem solving

Nutrition Counseling & Support

- instruction on special needs diets
- scientifically-guided, personalized nutrition program
- development & integration of healthy food habits to optimize wellness & healing
- protein shakes & supplements if indicated

Your personalized plan is developed in conjunction with your physician's plan of care to ensure that goals and expectations are fulfilled. Our therapeutic and nutritional services are offered in the privacy and convenience of your own home.

The Greatest Wealth is Health!



Be Active Be Well



Complete Therapy Services

Our goal is to maximize the independence and wellness of our clients: to restore function, compensate for lost skill and assist in Activities of Daily Living with as much ease and comfort as possible.

www.beactivebewell.com

650-722-2766

Be Active Be Well

Michele L Hession PT
(650) 722-2766

michele@beactivebewell.com

www.beactivebewell.com

Be Active Be Well provides in-home therapeutic services for San Mateo, San Francisco and Santa Clara counties. Our experienced therapists will evaluate and recommend a personalized in home therapy plan for you or your loved one. Let's get you started on your path to Be Active Be Well!



We Have a Therapist for You:

You may benefit from seeing a therapist if you are experiencing...

- a recent change in your cognitive or physical function
- difficulty bathing, dressing, or toileting yourself
- trouble feeding yourself or performing grooming activities
- a recent fall or fear of falling
- unsteadiness when walking
- weakness or fatigue due to a chronic illness
- transitioning to the use of a walker, cane or wheelchair
- the need to use adaptive equipment
- joint or muscle pain
- speech difficulties due to a recent diagnosis of Parkinson's, Alzheimer's or stroke
- increased difficulty getting in or out of bed
- the need to improve strength or prevent future decline

How Services are Paid For:

all our services are on a private pay basis. If you have Medicare or another insurance provider, call us for a consultation on how these services are covered. Our phone consultations are free of charge. We look forward to serving your needs.

Your Therapist:

Be Active Be Well assures your therapist is an experienced professional. All of the therapists are licensed, fully insured and able to meet all your personal therapy needs.

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Our Commitment to You:

Helping you age in place is a commitment we make to you. We strive to improve each client's quality of life through therapeutic intervention, promoting wellness, vitality and health enhancement. We are determined to improve any situation regardless of its complexity.