



LIFESTYLE MEDICINE PHYSICIAN CONSULTATION

Lifestyle Medicine is an evidence-based medical specialty designed to empower you to prevent and reverse disease and improve well-being. Whether you have issues with prediabetes, high blood pressure, cholesterol, or weight, or just want to learn how to improve your health and happiness, Lifestyle Medicine can help you reach your goals.

Linda Shiue, MD, Chef, DipABLM | Lifestyle Medicine Physician Consultation

- Personalized, collaborative, whole person care
- Measurement of cardiometabolic vital signs
- Comprehensive dietary assessment, review of medical history and lifestyle
- Personalized Lifestyle Medicine prescription to help you reach your health goals using evidence-based, data-informed solutions
- Exclusive discounted meal delivery (optional)

Call (415) 833-7808 to schedule an appointment.

Kaiser Permanente San Francisco Health Education

Services described here are provided on a fee-for-service basis. These services are not provided or covered by Kaiser Foundation Health Plan, Inc., and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. For specific information about your covered health plan benefits, please see your Evidence of Coverage. Open to members and nonmembers. 01/2024

Photo of model, not actual patient.



CULINARY MEDICINE PHYSICIAN COACHING

Culinary Medicine combines the art of cooking with the science of medicine to help you achieve and maintain good health, deliciously.

Linda Shiue, MD, Chef, DipABLM | Culinary Medicine Physician Coaching

- 60 minute consultation with physician-chef on how to eat and cook your health
- Culinary medicine prescription with recipes customized for your food preferences and culture, dietary restrictions, and health conditions
- Virtual kitchen consult with advice on pantry stocking and equipment for your kitchen
- Private cooking instruction
- Priority registration into 3 Thrive Kitchen virtual cooking classes
- Exclusive discounted meal delivery (optional)
- Counseling on meal planning, grocery shopping, nutrition label reading and mindful eating

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