

# Referral Guide for Professionals

HEALTH IMPLEMENTATION STRATEGY | NUTRITION & LIFESTYLE ARCHITECTURE

## Bridging the Gap Between Clinical Recommendations and Daily Life

Clinical care provides diagnosis, treatment plans, and evidence-based recommendations. Many individuals understand what they are supposed to do but struggle to carry those recommendations out consistently in daily life. The Consumer Health Institute (CHI) focuses on this "last mile" of healthcare – helping individuals translate clinical guidance into structured, sustainable routines that fit within the realities of everyday life.

CHI meets individuals where they are. Whether a client is starting from scratch or trying to navigate complex clinical guidance, we help them move from **"what to do"** to **"how to actually do it"** within the realities of their daily life.

This may be helpful for individuals who are:

Struggling to establish consistent eating or lifestyle patterns.

Feeling overwhelmed by health or nutrition recommendations.

Managing weight, menopause, or metabolic concerns (including GLP-1 therapy).

Starting and stopping changes despite strong intentions.

Trying to balance health goals with work, caregiving, or fluctuating energy.

Sorting through conflicting information, including online or AI-generated advice.

Starting a new health journey and seeking guidance on nutrition and lifestyle strategies.



# Two Referral Pathways

CHI offers two distinct pathways depending on the level of support needed.

## PATHWAY 1

### Decision Labs

#### Consultative Sessions

A structured, guided process designed to help individuals make informed health decisions when facing multiple options, competing recommendations, or uncertainty about next steps.

Through facilitated discussion and real-time synthesis, clients gain clarity on priorities, trade-offs, and direction. Decision Labs can be applied across health domains (e.g., lifestyle changes, supplements, testing, or treatment decisions).

Clients receive a concise decision summary, with an optional care team report if desired.

- ❑ Decision Labs are **not a substitute** for medical care or nutrition therapy.

**Geographic Availability:** Available Nationwide.

## PATHWAY 2

### Health Strategy Sessions

#### MNT+ (Comprehensive Care)

Comprehensive, in-depth support to develop and implement a personalized nutrition and lifestyle strategy that fits within the realities of daily life.

Integrates nutrition therapy, lifestyle architecture, and health strategy to support sustainable changes across eating, movement, sleep, stress, and overall health.

Appropriate for individuals across a wide range of health needs, including those:

- Working on eating patterns and relationship with food
- Managing weight or metabolic concerns
- Starting or currently using weight loss medications (e.g., GLP-1s)
- Navigating menopause or midlife changes
- Pursuing sports and endurance nutrition
- Exploring gene-diet interactions (nutrigenomics)
- Balancing multiple health conditions and goals

**Geographic Availability:** AZ, CO, FL, IN, KY, MI, NY, OR, PA, TX, VA, WV, WI.

## Who Provides Services

Christine Lauer, DHS, MBA, RDN, ACE-CHC

Health Scientist & Strategist | Nutrition & Lifestyle Architecture

Christine Lauer holds a Doctorate in Health Sciences, is a Registered Dietitian Nutritionist, and a Certified Health Coach. She has over three decades of experience spanning clinical nutrition, prevention/wellness, endurance sports, and healthcare IT. She takes an implementation-focused, science-backed approach to health strategy, nutrition therapy, and lifestyle change.

She specializes in translating complex information into actionable guidance – focusing not just on *what to do*, but *how to make it work in real life* – accounting for life stressors, environment, sleep, energy, focus, and bandwidth on any given day.

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## How to Refer

### Client Self-Scheduling

Clients may learn more or self-schedule at:

[www.consumerhealthinstitute.com](http://www.consumerhealthinstitute.com)

### Provider Referrals

Provider referrals are welcomed but not required.

Referral page: [consumerhealthinstitute.com/for-providers](http://consumerhealthinstitute.com/for-providers)