

The logo for Functional Forum is centered in the upper half of the image. It consists of the words "FUNCTIONAL" and "FORUM" stacked vertically. "FUNCTIONAL" is in a smaller, all-caps, sans-serif font. "FORUM" is in a larger, all-caps, sans-serif font, with a small "TM" trademark symbol to its upper right. The text is white and is contained within a dark blue, rounded rectangular shape that has a slight gradient and a soft shadow, making it stand out against the background.

FUNCTIONAL
FORUM™

Harnessing the Power of Groups Visits

Why and How You Should Implement Them In Your Practice

Today....

1. Free Gift
2. 4 Ways to Implement
3. 4 Things I've Learned
4. 2 Massive Announcements



THE
**COMMUNITY
CURE**

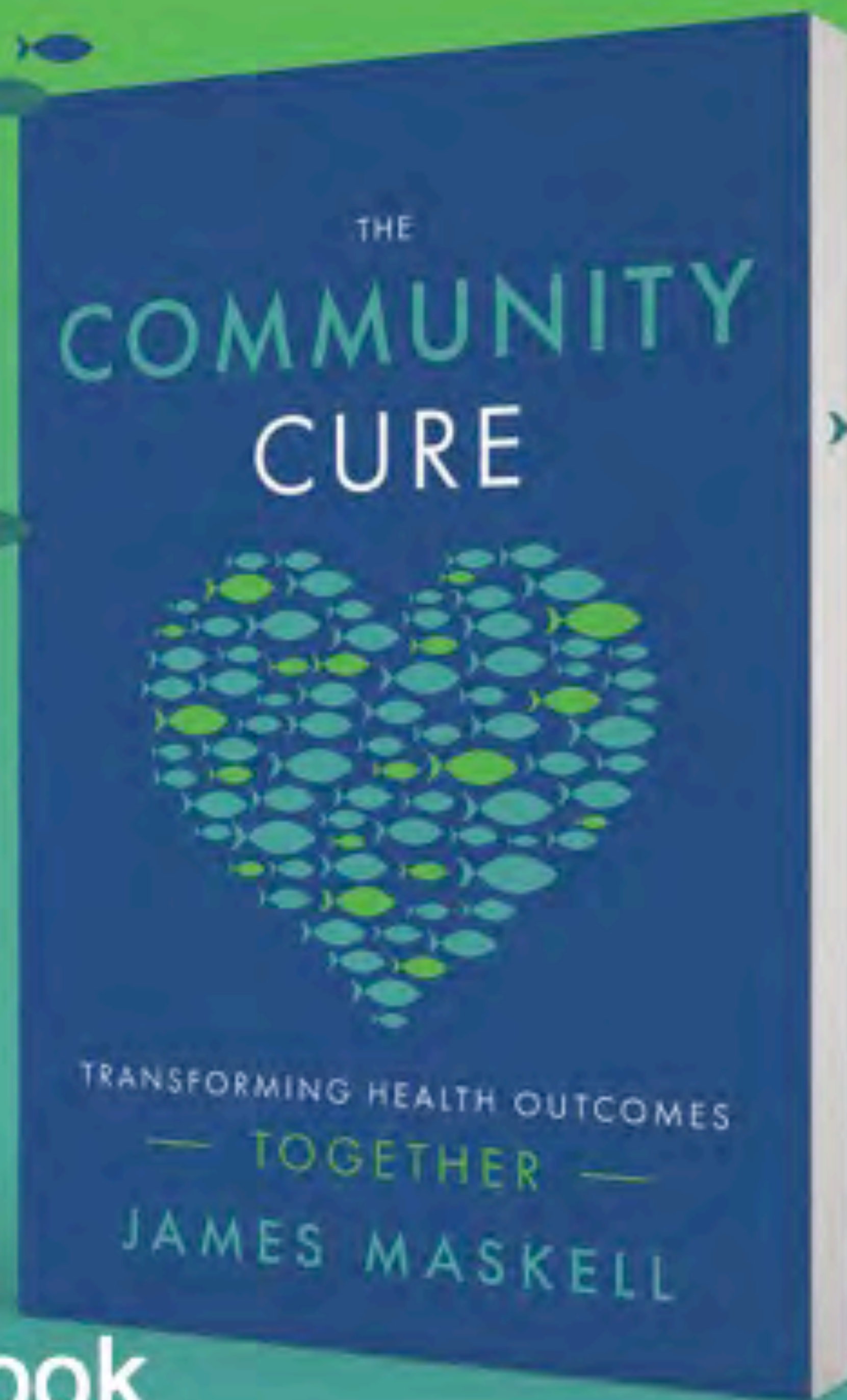
TRANSFORMING HEALTH
OUTCOMES **TOGETHER**

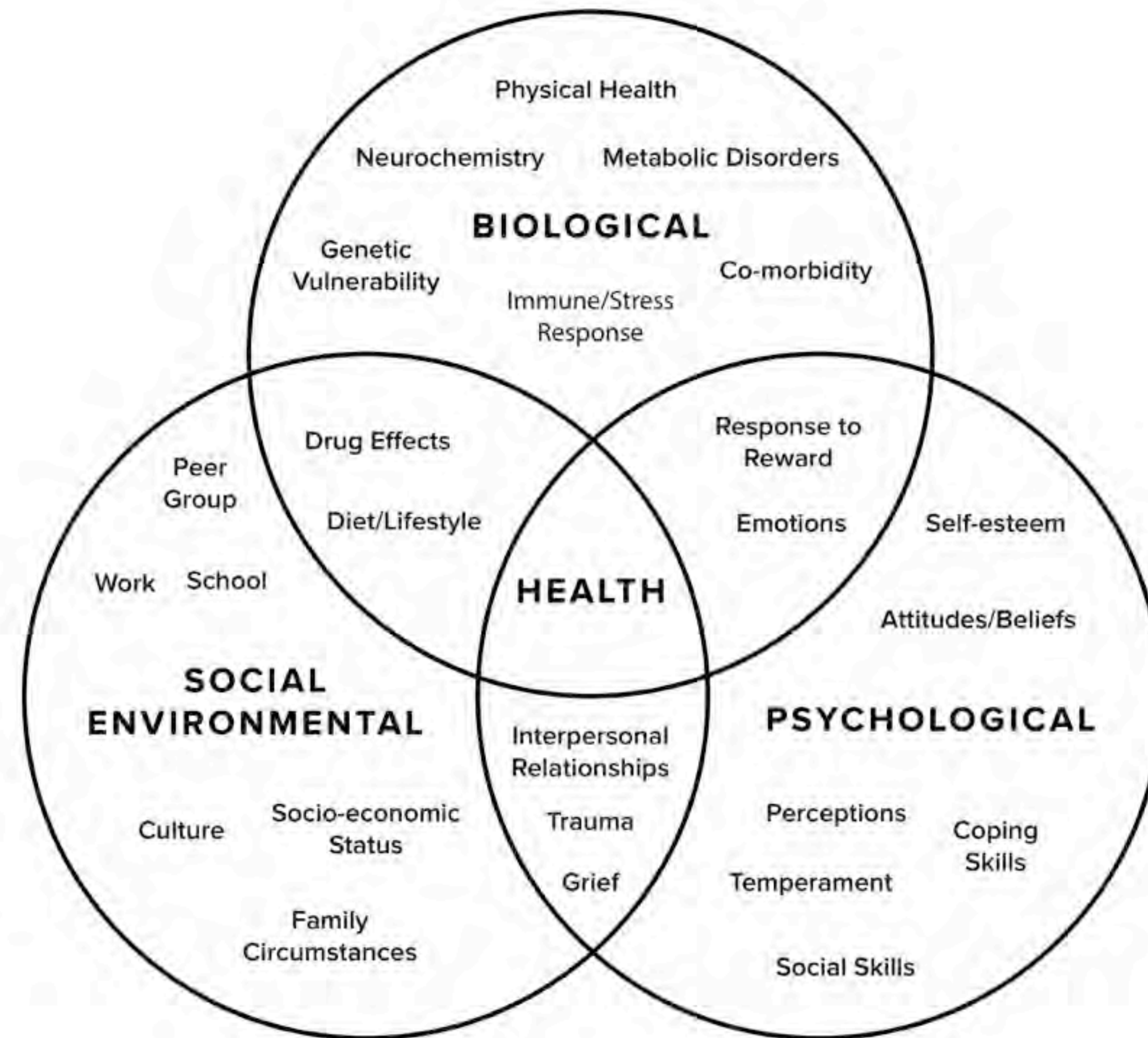
JAMES MASKELL

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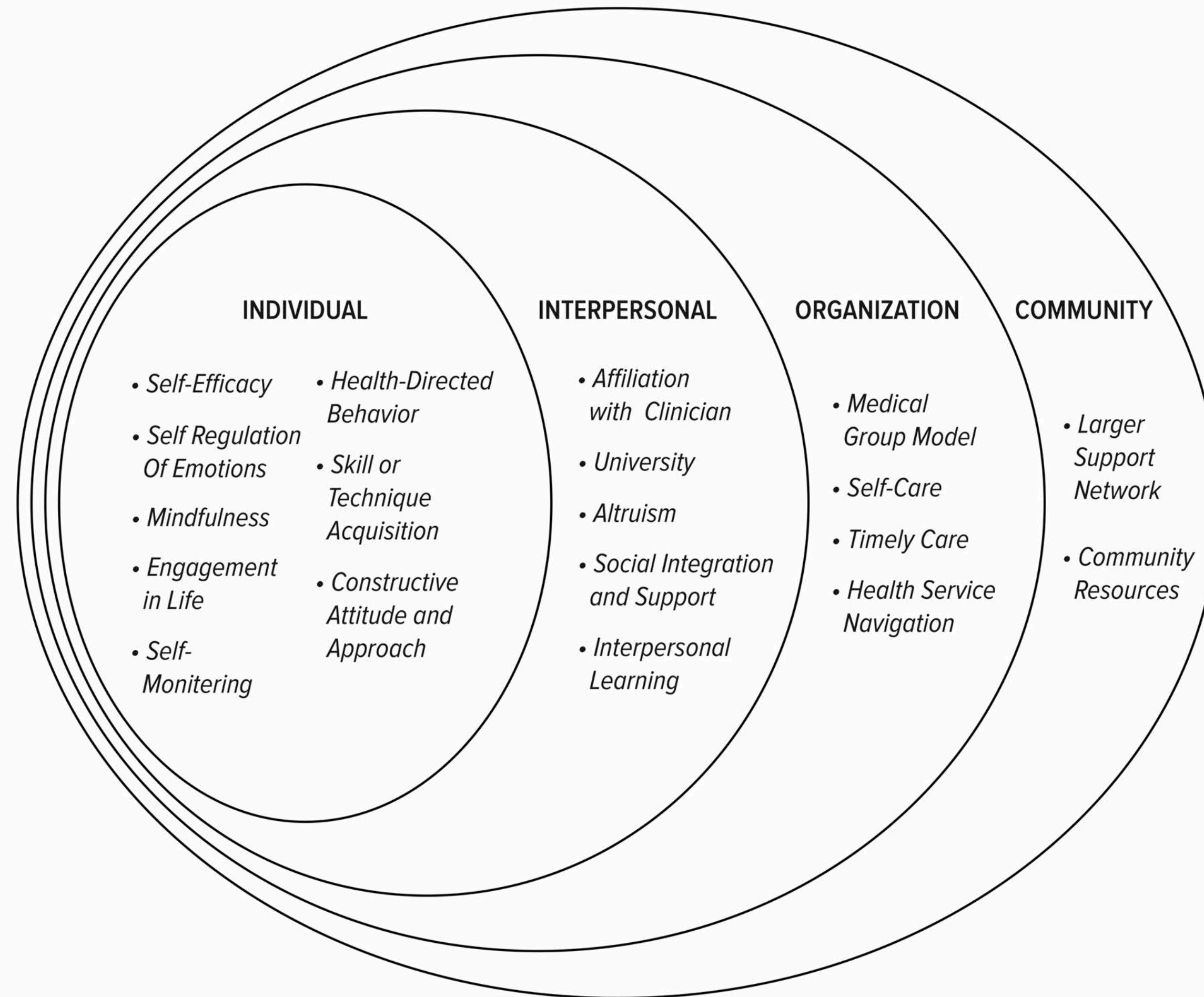
AVAILABLE NOW

thecommunitycure.com/audiobook





Groups Mapped to Biopsychosocial Model

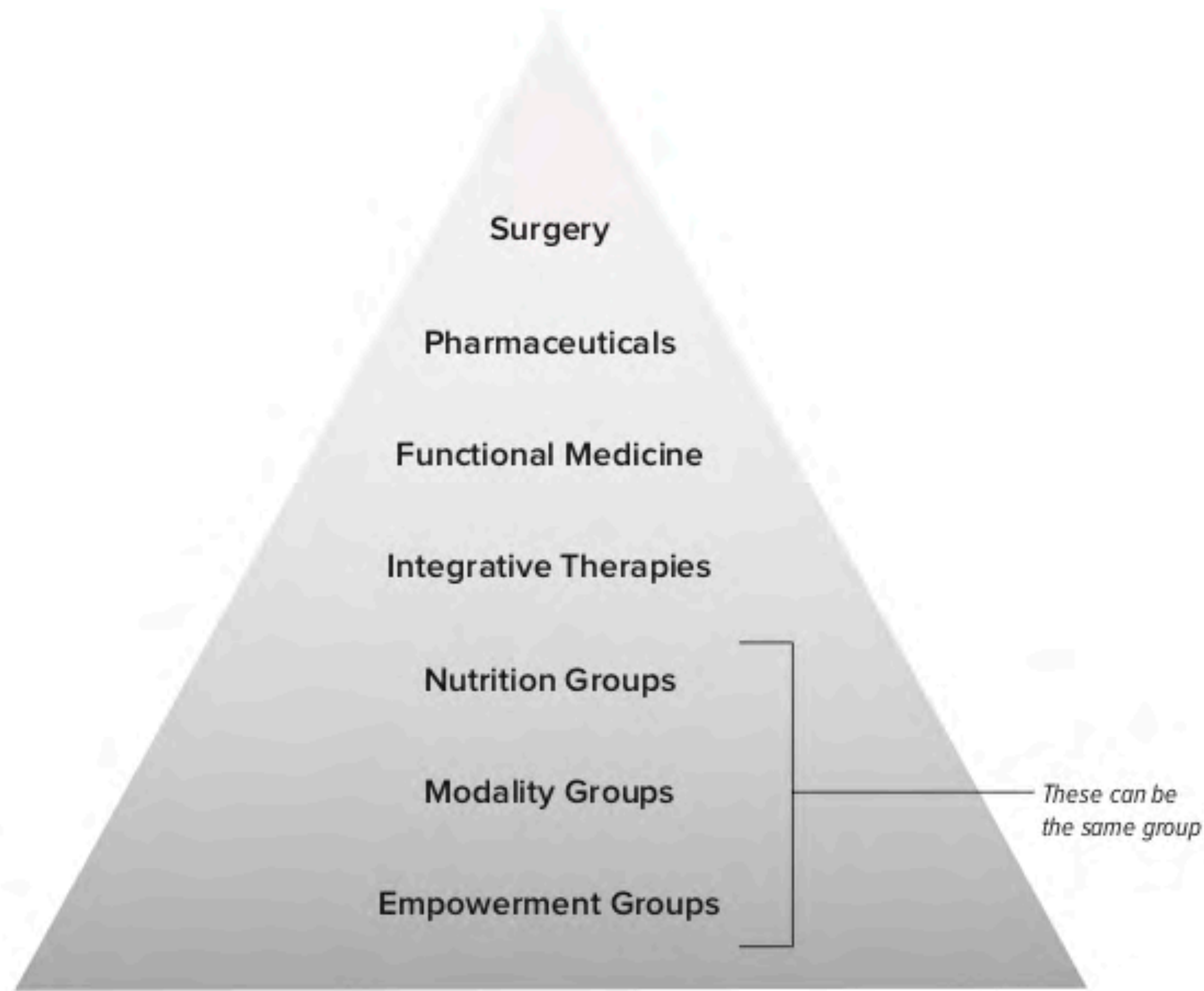


Unaffordable -> Affordable
Inaccessible -> Everywhere
Inefficient -> Superefficient
Still Isolated -> Deeply Connected
Hard to Execute -> Supported

Where Can This Be Applied In Practice

1. Orientation – Keri Sutton, NP
2. Intake – Lara Salyer, DO
3. Lab Review – Christopher Mote, DO
4. Behavior Change – Swathi Rao PA-C





What I've Learned...

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1. Significant benefits to virtual

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1. Significant benefits to virtual
2. Focus on engagement
3. Coaching is being recognized
4. Billing is catching up



We make healing simple.

Harnessing the power of community with
12-week virtual coaching groups for your patients

fueled by functional medicine principles

What stands in the way of running group visits?



Physical space or virtual software management



Content



Team



Hiring



Delivery



Tracking outcomes



Patient experience



Payment



What to expect from the Virtual Coaching Group:



Live weekly Virtual Meetings with your patients' health coach & small group



Walk your patients' through the major obstacles interfering with your health



Functional Education on what your patients need to know to build their health



A supportive group with daily chat to help bring health into your patients' home



Help creating health goals and habits that stick



A 12 week process for health transformation



Empowering patients to make sustainable changes.

Patients report that the #1 reason it's difficult to make healthier choices is overwhelm & resistance to changing their current lifestyle.

USING THE SCIENCE OF BEHAVIOR CHANGE.

Weeks 1-4: designed to heighten patient self-awareness and self-analysis, providing the essential preparatory phase of change and building a firm foundation for the lifestyle modifications to be embraced.

Weeks 5-12: methodically introduce the patients to each pillar of wellness with measured results for tracked patient outcomes.

Inside Sample 12 Week Health Programs



Immune Balance Collaborative

Focused on inflammation, autoimmune conditions and building healthy immunity

- Week 1** The power of healing in community
- Week 2** Intention setting
- Week 3** Understanding your body's function
- Week 4** S.M.A.R.T. goals & creating habits that stick
- Week 5** Nutrition: Getting the good stuff IN!
- Week 6** Nutrition: Minimizing the inflammatory & Digestion 101
- Week 7** Nutrition: Introduction to the elimination diet
- Week 8** The science of stress and relaxation
- Week 9** Exercise & movement
- Week 10** Sleep & natural rhythms
- Week 11** Environmental toxins and food reintroductions
- Week 12** Your 12 biggest learnings






Metabolic Balance Collaborative

Focused on balanced blood sugar, optimizing nutrition to support a healthy weight and supporting healthy metabolic function.







- Week 1** The power of healing in community
- Week 2** Intention setting
- Week 3** Understanding your body's function
- Week 4** S.M.A.R.T. goals & creating habits that stick
- Week 5** Nutrition: Getting the good stuff IN!
- Week 6** Nutrition: Minimizing the inflammatory
- Week 7** Nutrition: Gut health & Digestion 101
- Week 8** The science of stress and relaxation
- Week 9** Exercise & movement
- Week 10** Sleep & natural rhythms
- Week 11** Environmental toxins and food reintroductions
- Week 12** Your 12 biggest learnings

As a clinic, you will:

-  Establish care with the patient
-  Prescribe the program
-  Submit the billing

WE DO THE REST!

As HealCommunity™, we will

-  We hire qualified health coaches
-  We train our coaches and internal team to run the operations
-  We develop the program content in partnership with industry experts
-  We make tracking outcomes, simple.
-  We prepare your billing documents for submission
-  We've built a custom technology platform



Want to know more?

healcommunity.com

“Community is the guru of the future”

Places to Find Me

1. GoEvoMed.com
2. [@mrjamesmaskell](https://twitter.com/mrjamesmaskell)
3. JamesMaskell.com
4. www.healcommunity.com