Total Health and Wellness: A Team Approach to Primary Care

**Purpose**
Total Health and Wellness is a nurse practitioner-led primary care office which focuses on the provision of evidence based medicine through an interdisciplinary team approach:

- Primary care to individuals of all ages through our adult and family NPs
- Mental health care through our psychiatric mental health NP and counselor
- Preventative care through our dietician and certified diabetes educator
- Comprehensive chronic disease state education and management through our clinical pharmacist
- Plan management through close follow-up with our RN Care Coordinator
- Assistance through our licensed social worker when needed

**Impact**
To improve access to quality, team-based health care to the residents of the near east side of Columbus and surrounding communities

To educate students, from multiple disciplines, on team-based primary care and the provision of care to the underserved

To make a local impact by providing education and services within the community to vulnerable populations

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**Ohio State Colleges/Units Involved**
- College of Nursing
- College of Pharmacy
- Wexner Medical Center
- OSU Family Practice

**Community Partners Involved**
- Eldon & Elsie Ward Family YMCA
- ENCompass
- National Church Residences
- Community for all People Methodist Church

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**How you can get involved:**
- Promote OSU Total Health and Wellness in the community
- Promote health lifestyles for all members of the community
- Participate in our local community activities

**To get involved, contact:**
Candy Rinehart, DNP, FNP-C, ADM-BC, FAANP
Executive Director of Advanced Practice and Community Partnerships
Nurse Practitioner and Director, Ohio State Total Health and Wellness
Candy.Rinehart@osumc.edu
https://nursing.osu.edu/about-the-college/ohio-state-total-health-and-wellness

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**The Ohio State University**