

What is LivingMatrix?

Our practice uses a system called LivingMatrix to assess your health and identify the root cause of your symptoms. One of the many benefits of using this application is that it saves our practice time on the intake process – meaning more time for us to paint a comprehensive picture of our patients' health histories with them.

The Functional Medicine Matrix is a tool that assists the clinician in organizing and prioritizing any patient's health issues as elicited by a thorough personal, family, social, and medical history. It is specifically organized in order to help the clinician gain a comprehensive perspective of the patient as a whole, and to facilitate discussion of complex medical issues with the patient. There are three parts of the Matrix graphic:

The Patient's Story Retold allows the clinician to organize the predisposing factors (antecedents), precipitating events (triggers), and ongoing contributors (mediators) of a patient's chronic health problem.

Physiology and Function: Organizing the Patient's Clinical Imbalances prompts the clinician to think about each patient's symptoms in terms of the underlying clinical imbalances that may be causing or exacerbating those symptoms. It contains seven nodes named for the physiological process that together make up the body's function: Assimilation, Defense and Repair, Energy, Biotransformation and Elimination, Transport, Communication, and Structural Integrity. It also contains a central place to document the patient's psychospiritual well-being.

Fundamental Lifestyle Factors examines the patient's environment and lifestyle including diet, stress, and exercise. These are also the health-changing areas that the patient is most in control of and thus can be a jumping-off point to allow the clinician and patient to collaboratively agree upon foundational proactive changes that promote health.

What does LivingMatrix do ?

There are benefits for our patients, too. Since your paperwork is done electronically, you don't have to print out and handwrite any information, and there's no risk of your information being lost or thrown away by mistake. We are able to personalize your information in real time and provide you with a hard copy of your health assessment. You'll not only gain useful insight into your health during your visit, but you'll walk away from your appointment with an understandable, easy-to-read view of your current health, a list of health goals, and, if necessary, a functional medicine prescription.

Do I need to complete LivingMatrix?

If you have Lyme & wish to make an appointment with Dr. Fletcher or Dr. Seidel click here ([need the "Make An appointment link page here"](#)) LivingMatrix is a critical part in & require in establishing care with SOWC.

All other patient wishing to get LivingMatrix call to SOWC at 703-421-700 and schedule an appointment for meet and greet with either Dr. Zapp, Dr. Seidel, or our nurse practitioners Cynthia Yew and Jessica Scalzo. Our physician will go over with you in detail how functional medicine and LivingMatrix may be an alternative modality to better care for your health.

Does my health insurance cover LivingMatrix?

Currently at this time health insurances are not covering this service & will be an out of pocket expense of a onetime fee of \$375.00 that will include the intake & the interpretation of your unique data suited to your specific healthcare needs

How do I begin in completing LivingMatrix?

- Please visit our "Make Payment" page [here](#) (enter payment link) enter your information.
- Submit payment for the amount of \$375.00, we accept all major credits cards
- Once payment is summited you will received a link to access livingMatrix
- Please notify SOWC office via email at; info@sterlingosteopathic.com and inform us that your livingMatrix is completed & your provider will review it.
- You will be contacted once completed to schedule your consultation with your doctor to review your health history in depth.

To begin entering information, please click the small blue icon to the right labeled "View Form." You should save your progress as you work through each section. (Please keep in mind that the forms may take as long as an hour to complete. If you do not remember the specific month and date of an occurrence you may enter "01/01/YEAR" as an estimate - the month and exact day are less important that the year.) Once you have completed all of the sections, please click "Submit." (NOTE: Once you click submit, you will not be able to go back and edit information, as submitting forms locks in your information for your practitioner to review.)

[Click here](#) to Watch an informative LivingMatrix video or visit our video library under resources

Please notify Sterling Osteopathic & Wellness Care that you have completed your Living Matrix via email at info@sterlingosteopathic.com so that we may schedule your appointment

Start Your Profile Today (link “make a payment”) page

In order for us to get a comprehensive idea of your health history, you will need to complete all sections of the forms you receive.

We look forward to seeing you at your appointment and reviewing your information with you.

If you have any questions about the intake forms and the completion process, please call LivingMatrix at 1-866-846-7888. If you have questions about your appointment or have any medical questions, please contact us directly at 703-421-7000

Thank you!