

Habit Lifestyle Medicine

Nurse Practitioner for multi-disciplinary programs

September 9, 2019

Closing date: November 30, 2019

About us:

At Habit Lifestyle Medicine, we believe that the best way to help individuals with chronic disease or health risk factors is through the transformational power of sustainable behavioural change. Our team of health coaches, nutritionists, exercise professionals, and physicians work together to lead and support our clients to their optimum health through comprehensive, integrated, and technology enabled programs that focus on 6 core pillars of health: Nutrition, Energizing Activity, Restorative Sleep, Emotional Resilience, Meaningful Connections and Personal Vision and Purpose.

Responsibilities-Core:

- Initial assessments and quarterly follow up visits for Habit Lifestyle Med multi-disciplinary programs (live and/or via telemedicine)
- Charting in shared EHR
- Communication
 - With other team members re key findings, medical barriers, recommendations
 - With referring MD

Responsibilities-Optional:

- Client education and engagement through Habit Lifestyle Medicine's online community
- Group education via webinar or live events

Knowledge and Skills:

- A keen interest in addressing chronic disease and health risk factors through a lifestyle medicine framework
- Specialized interest or training in one or more of Habit Lifestyle Medicine's core pillars is an asset: Our pillars include: nutrition, exercise/activity, sleep, mental health/stress management, relationships, purpose
- Comfort with seeing clients via telemedicine (with onsite assistant for assessments)

Locations:

- Visits are conducted in person and via telemedicine; therefore, NP can do visits at their primary office, home or at the Habit Lifestyle Medicine HQ located in Cobble Hill
- If NP lives or works in the vicinity of one of our assessment locations, in-person assessments can also be conducted

Time commitment:

- October-December: 8-10 hours per week
- January 2020: TBD

Remuneration: \$55-\$75/hr

For further information, please contact Lorne Friesen at 250-634-2989 or lorne@habitmed.com