

Wellness Services Available to Physicians

Houston Methodist Hospital

Employed by the Houston Methodist Physician Organization

Wellness Department

- Complimentary services
 - Access to the HMH Fitness Center, group fitness and wellness education classes
 - Individual nutrition, fitness and wellness coaching
 - Body composition (In-Body) and biometric assessments
- Massages: \$60/session; approx. 60 mins. (call 713.441.5980 or email massagescheduling@houstonmethodist.org)
- Acupuncture: \$50/session; approx. 30 mins. on Mon or Thurs (call 713.780.9786 or email clinic@acaom.edu)
- Personal Training: \$1/minute, 30 minute minimum; 30/45 min. sessions (call 713.441.5936 or email wellnessHMH@houstonmethodist.org)

Center for Weight Loss & Bariatric Surgery

For HM-benefited employee/spouse

- Discounted weight management programs (call 832.667.5673)
 - Medical Weight Management: \$40 per month
 - StepLITE: \$0 per month

Private Physicians on the Houston Methodist Hospital Medical Staff

Wellness Department

- Complimentary services
 - Access to the HMH Fitness Center and group fitness classes (email wellnessHMH@houstonmethodist.org)
Private Physician office staff not eligible for the Fitness Center or classes
- Massages: \$60/session; approx. 60 mins. (call 713.441.5980 or email massagescheduling@houstonmethodist.org)
- Acupuncture: \$50/session; approx. 30 mins. on Mon or Thurs (call 713.780.9786 or email clinic@acaom.edu)
- Personal Training: \$1/minute, 30 minute minimum; 30/45 min. sessions (call 713.441.5936 or email wellnessHMH@houstonmethodist.org)

Center for Weight Loss & Bariatric Surgery

- Weight management programs (call 832.667.5673)
 - Medical Weight Management: \$400 per month
 - StepLITE: \$160 per month

HMH Fitness Center & Personal Training

Outpatient Center, 23rd floor (only accessible via off-stage OPC elevators)

Classes, Nutrition/Wellness Consultations, Massages & Acupuncture

Outpatient Center, 16th floor (located past patient lobby)