



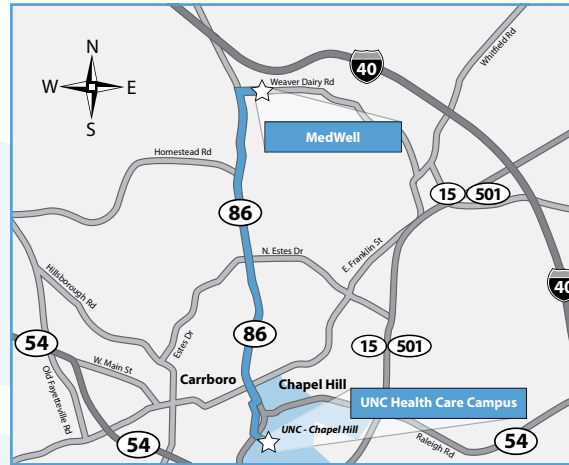
STAFF

Eric Jensen, M.D.

Medical Director

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Guild Certified Feldenkrais Practitioner^{cm}

DIRECTIONS



From I-40 eastbound: Take Exit 266. Turn left onto MLK, Jr. Blvd. (also identified as Hwy. 86/Airport Rd.). After several lights, turn left onto Weaver Dairy Rd. Turn right on the second road on the right, identified with a large Timberlyne Shopping Center sign. Take immediate next left. UNC is on your left, a two-tone brick building with its own parking. From the parking lot, come to the left-hand entrance with street numbers 1101 above the doors. Enter through the double doors and look to the left of the elevator for Suite 102.

From I-40 westbound: Take Exit 266. Turn right onto MLK, Jr. Blvd. (also identified as Hwy. 86/Airport Rd.). After several lights, turn left onto Weaver Dairy Rd. Turn right on the second road on the right, identified with a large Timberlyne Shopping Center sign. Take immediate next left. UNC is on your left, a two-tone brick building with its own parking. From the parking lot, come to the left-hand entrance with street numbers 1101 above the doors. Enter through the double doors and look to the left of the elevator for Suite 102.

From Chapel Hill: Take MLK, Jr. Blvd. North (also identified as Hwy. 86/Airport Rd.). Look for Weaver Dairy Rd. stoplight. Turn right on the second road on the right, identified with a large Timberlyne Shopping Center sign. Take immediate next left. UNC is on your left, a two-tone brick building with its own parking. From the parking lot, come to the left-hand entrance with street numbers 1101 above the doors. Enter through the double doors and look to the left of the elevator for Suite 102.

MEDWELL

BEHAVIORAL MEDICINE

The power of you
in better health.

UNC
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MEDWELL BEHAVIORAL MEDICINE

UNC Health Care, in conjunction with the UNC Department of Psychiatry, sponsors the MedWell Behavioral Medicine Program. MedWell evaluates and treats a variety of pain conditions and stress-related disorders. If you or someone you know suffers from these problems, MedWell likely has ways to help. Working with you to create a personalized behavioral treatment plan, we offer you the potential to greatly reduce your symptoms and, in some cases, even decrease your need for medication. Your individual protocol will include muscle relaxation and the use of biofeedback modalities that monitor and display muscle tension, heart rate, skin temperature and the sweating response.

We also provide guidance in a variety of specific relaxation techniques and other strategies, such as exercise and nutrition, that build stress resiliency. MedWell offers you the exceptional care for which UNC Health Care is nationally known. And in doing so, we can help you find the relief you need.

How MedWell can help.

You may be a candidate for MedWell if you're suffering from:

- Anxiety
- Teeth Grinding and TMJ Disorders
- Back Pain
- Chronic Pain
- Hypertension
- Insomnia
- Migraine or Muscle Contraction Headache
- Muscle Spasm
- Raynaud's Syndrome

OUR PATIENTS

Be your own best medicine

To achieve the greatest benefit possible, you'll be asked to actively involve yourself in your treatment, attend regular sessions, keep records and practice relaxation exercises daily. By following your personalized plan, not only are you likely to ease your symptoms, you'll also learn strategies that can dramatically improve your stress resilience and quality of life. Upon completion of the program, these skills will serve you throughout future challenges and accomplishments.

OUR SERVICES

Evaluation

Evaluations use your detailed clinical history, questionnaires and a biofeedback profile of tension levels and stress response to develop a course of treatment.

Treatment

Treatment sessions usually are scheduled once a week to begin. Most people complete 12-15 hourly sessions. Treatment plans offer a variety of self-regulation approaches, including biofeedback-assisted progressive muscle relaxation, breathing techniques, autogenic training, guided imagery and visualization, and the use of cognitive-behavioral principles.

Referral Information

We welcome referrals from UNC Clinics, UNC physicians, and health care providers in our surrounding communities. We value collaboration with our clientele and their doctors and are available to discuss referral issues.

FREQUENTLY ASKED QUESTIONS

Will my insurance cover MedWell treatment?

It may. During our initial phone contact with you, we will review insurance issues and we help answer additional questions about coverage and payment as they arise.

Does MedWell treat children?

Yes. About 20 percent of our patients are children as young as eight years old.

Does MedWell use invasive procedures, such as surgery or needles?

No, all of MedWell's treatments are noninvasive.

Will I need to stay in the hospital?

No, MedWell is an outpatient program.

FOR AN APPOINTMENT

Please Call MedWell

Phone: (919) 843-6373 • Fax: (919) 843-6333
1101 Weaver Dairy Rd., Suite 102
Chapel Hill, NC 27514

LEADING. TEACHING. CARING.

As part of the UNC Health Care System and the UNC Department of Psychiatry, MedWell offers the highest quality of service. Acclaimed in *U.S. News & World Report* and the Leapfrog Group Hospital Quality and Safety Survey, UNC Health Care is a leader in patient care.