



Ami Chokshi

Certified Health Coach

HealthCircle at The Center for Advanced Reproductive Services

Have you considered working with a Health Coach to help you achieve your goals of a healthy pregnancy and enhance your fertility treatment plan?

As a Certified Health Coach, Ami guides fertility patients towards optimal wellness. Through lifestyle and behavioral adjustments, she provides education and support to patients to achieve their health-related goals. She also partners with your provider to help you implement his/her recommendations for your health and treatment plan.

Most people find great benefits from a health coach. Similar to having a fitness coach in a gym or a mentor at the workplace, when you have a Health Coach to help light the way, achieving your goals become a lot easier. The Center wants to help you enhance your fertility treatment plan with programs that are meaningful, relevant, and personal.

Are you aware of all the factors that may impact your fertility and the resources available to you?

There are many factors that can impact your fertility. Some may be beyond your control, such as medical concerns. But other lifestyle choices can affect your fertility as well. Ami will work with you to assess your situation and create a customized plan to aid in your fertility success. Some of the programs that your plan may include are weight loss, nutritional support, smoking cessation, stress management, and/or financial counseling. Ami will guide you in the right direction with the resources, programs, and support you need.

Do you want to learn more about our holistic support services?

Contact Ami today for a complimentary consultation at 844-HOPE-IVF; ext 8095

Part of our HealthCircle Program



HealthCircle