



# HealthCircle

HealthCircle brings together a holistic approach to fertility care. With HealthCircle, our goal is to help you enhance your fertility treatment plan with integrated programs that are meaningful, relevant and personal. It's a full circle approach combining support, nutrition, yoga and acupuncture to complement your fertility experience.

**ACUPUNCTURE** An ancient Chinese medicine treatment, acupuncture relies on the strategic (and painless!) placement of tiny needles to stimulate certain key “energy points” believed to regulate spiritual, mental, emotional, and physical balance. And, for many women, both pre and post-embryo transfer acupuncture have been shown to help with fertility in many ways. We are pleased to have Helen BetGivargis, licensed acupuncturist and former IVF embryologist offer treatments at the Center, benefiting both women and men undergoing fertility treatment.

**NUTRITION AND WEIGHT LOSS** For some women weight issues may be a contributor to their fertility diagnosis or compromise their ability to receive the treatments they need. The Center is offering a medically designed program that will teach you how you can lose weight steadily without going hungry by eating real food along with protein supplements. The program includes a personalized approach to setting weight loss goals, based on your health profile.

**YOGA** While stress may not be the singular cause of infertility, infertility can certainly cause stress. We offer our patients yoga classes that offer tools you can use to reduce anxiety and cope. Taught by a registered yoga teacher and former fertility patient, Carissa Spada, the classes require no previous yoga experience and all levels of yoga are included for every body.



**SUPPORT** Dealing with fertility issues can be tough. We want to support you in all possible ways. We offer many individual and group solutions that can help overcome fertility obstacles, provide relief from emotional stress, and support and guide you on making the best decisions for treatment. Go to [uconnfertility.com](http://uconnfertility.com) for more information on the specific services we offer at the Center and throughout the community.

**INTEGRATIVE AND COMPLEMENTARY MEDICINE** As many people are looking to integrate holistic approaches into their fertility plan, we offer a program that complements your medical treatment plan. When people have imbalances in their lives, physical, emotional, or spiritual, it can negatively affect their overall health. This program integrates these principles into the care of our fertility patients.

**HEALTH COACH** There are many factors that can impact your fertility, some beyond your control, such as medical concerns. Lifestyle choices can affect your fertility as well. Our certified Health Coach and former fertility patient, Ami Chokshi, will work with you to assess your situation and create a customized plan to aid in your fertility success, guiding you in the right direction with the resources, programs and support you need.

**For more information about informational sessions, or to make an appointment, go to [uconnfertility.com](http://uconnfertility.com) or call (844) 467 3483**



2 Batterson Park Road • Farmington, CT 06032 • (844) HOPEIVF (844 467 3483)  
100 Retreat Ave. • Suite 900 • Hartford, CT 06106 • (860) 525 8283  
Shaws Cove • Suite 201 • New London, CT 06320 • (877) 860 8044  
6 Business Park Drive • Suite 304 • Branford, CT 06405 • (203) 481-1707