

## About our Founders



### **Dr. Sharon Hausman-Cohen**

Dr. Sharon Hausman-Cohen is one of the few Harvard trained physicians who is board certified in family medicine and integrative medicine\*. Known for her excellent

diagnostic skills and strong foundational knowledge in medicine, Dr. Hausman-Cohen has been an Austin Monthly magazine "Top Doctor" for 3 consecutive years.



### **Carol Bilich**

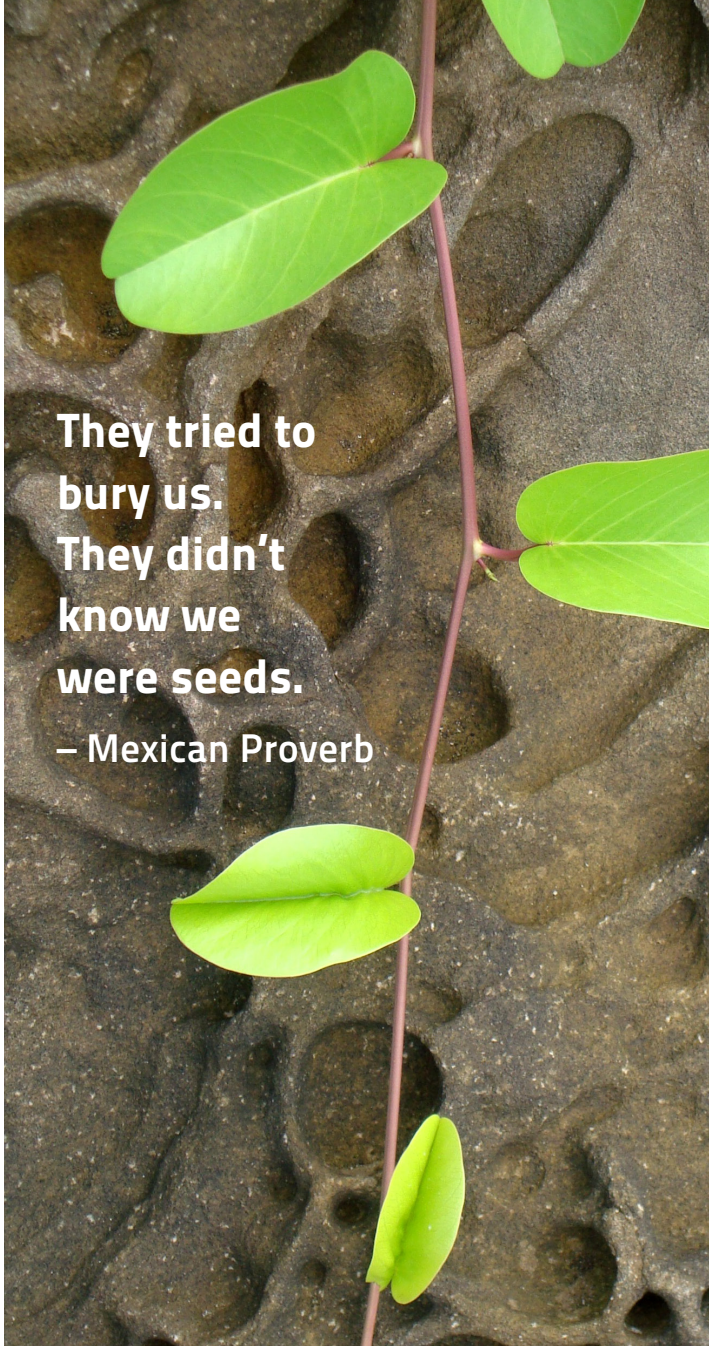
Carol Bilich, M.A., RMT has been a holistic and integrative provider in Austin for 20 years. She combines her skillsets in a wide range of hands-on modalities with her knowledge and experience as

a medical researcher. With a compassionate touch and listening ear, Carol brings a breadth of knowledge and skill in helping patients obtain optimal wellness.

*\* Texas State board does not recognize Integrative medicine as a board certified specialty*

resilienthealth

3410 Far West Suite 100  
Austin, TX 78731



They tried to  
bury us.  
They didn't  
know we  
were seeds.

– Mexican Proverb

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## Resilient Health is a unique concierge practice.

We are committed to the utmost in academic excellence combined with individualized research and attention. We understand the importance of the relationship between practitioner and patient, focusing on the whole person. We have an evidence based approach; encompassing both western and integrative medicine.

We get to know each patient and their health concerns and goals. We then incorporate a variety of targeted therapeutic approaches and different healing modalities to guide our patients toward the desired outcomes. Simply put, Resilient Health offers the best practices for optimal health and healing.

### How do we do it?

We look deep into the contributing cellular factors required for optimal wellness. Medication is rarely the whole answer to achieving health. We look at nutrition, cellular energy sources, genetics, hormones, and even the bacteria inside your gut to provide you with solutions to your health, wellness, and medical needs.

### Some of the conditions we treat:

- Improved overall health/wellness
- Memory/Cognition/Alzheimer's
- GI issues
- Fatigue/fibromyalgia
- Thyroid issues and autoimmune disease
- Osteoporosis/ musculoskeletal issues
- Chronic illness: diabetes, heart disease, cholesterol, hypertension,
- Much more

**TO JOIN OR FOR QUESTIONS PLEASE CONTACT:**  
ResilientHealthAustin@gmail.com  
512.717.9775

## Program Options:

### Concierge Membership:

#### \$2000 annual fee

*(plus applicable copays/deductible insurance amounts)*

- One 90-minute visit (generally your annual exam combined with a consult) and other consult-length visits (50 minutes) every 3-4 months as needed with Dr. Hausman-Cohen.
- Shorter visits are available for urgent/acute issues with Dr. Hausman-Cohen within 48 hours, or by a covering physician if she is out of town.
- Evening and weekend medical support provided by an on-call physician.
- Ability to communicate with Dr. Hausman-Cohen via portal or phone through her nursing staff during office hours. These calls or messages will be returned on the same business day.
- Detailed reports with personalized cover letters will be sent to all specialists to ensure coordination of care.

### YOU CAN JOIN NOW!

Membership is for one year and can start any month. Space in the practice is limited, so joining in 2016 ensures your enrollment. Special introductory offer: If you join in 2016, your full 2016 Medical Home Fee will be applied toward the concierge or private physician fee.

**One small crack  
doesn't mean you're  
broken. It means  
that you were put to  
the test and didn't  
fall apart.**

– Anonymous

### Private Physician Membership:

#### \$6000 annual fee

*(plus applicable copays/deductible insurance amounts)*

This program is designed for the highest level of individualized attention and customized care. It is ideal for those who travel extensively. Our private patients will have Dr. Hausman-Cohen's cell phone number and will be able to obtain guidance from her no matter where in the world they happen to be.

- Yearly in-depth evaluation and consultation (generally divided into two 80-minute visits, unless full half-day evaluation preferred).
- In-depth follow up visits in person, by phone, or FaceTime and Skype provided as needed (based on patient preference).
- Guaranteed same day visits for urgent issues with Dr. Hausman-Cohen (Monday-Friday) \*or by covering physician if she is out of town.
- Complete nutritional evaluation and recommendations, and other specialized testing.
- A choice of 4 hours of special services including manual therapy, lymphatics, personal training/ health coaching, psychotherapy/ life coaching, acupuncture, and more.
- Highest level of coordination of care: should you require the care of a specialist, other health professional, or if you are in need of hospitalization, we will contact the specialist(s) before you arrive to ensure they are aware of our concerns and of your relevant health history. We will even schedule your appointment if desired. Dr. Hausman-Cohen will accompany you to an appointment with a specialist for an extra charge.
- Individualized research done on your behalf.
- This program is highly customizable. Let us know what you want from your private physician and we will let you know if we can provide it.