

## Welcome to OrthoHealth

OrthoHealth is an intensive program to help children and families optimize their metabolic health and develop life-long healthy habits to achieve better energy, school and sport performance, healthier weight, and reduce risk for chronic disease. Our program provides in-person and virtual weekly contact with members of our team including our pediatrician, dietician, health coach, and physical therapist.

### To Enroll in OrthoHealth, Call:

Jake Tamillo  
847-324-3020

Or Email  
[jtamillo@ibji.com](mailto:jtamillo@ibji.com)

We are here to help improve your child's health through:

1

Better Nutrition

2

Better Sleep

3

Better Ways to  
Cope with Stress

4

Better Movement

### Meet Our Provider



Dr. Lynn Gettleman Chehab, MD, MPH,  
Diplomat ABOM

PEDIATRICIAN

Dr. Chehab is double boarded by the American Academy of Pediatrics and the American Board of Obesity Medicine, and has over 20 years of experience helping children and their families at both the individual and community levels.