

## Welcome to OrthoHealth

OrthoHealth is an exclusive IBJI program that offers a collaborative approach to improve your metabolic health and wellness. Our providers include Obesity Medicine Physicians, Physical Therapists, Health Coaches and Registered Dietitians. Our program focuses on Optimizing Metabolic Health, Reducing Stress, Pain Free Movement, Nutrition and Sleep. These areas will be tailored to your needs, incorporating all aspects or just focusing on the areas you need.

### 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 health through:

1

Better Nutrition

2

Better Sleep

3

Better Ways to  
Cope with Stress

4

Better Movement

### Meet Our Provider



#### Inbar Kirson, MD, FACOG, Diplomate ABOM

Dr. Kirson is double board-certified in OB/GYN and Obesity Medicine. She has been working with patients to improve their metabolic health for over 15 years.

“Helping patients understand the why, how and when of making lifestyle changes sets them up for greater success. And there is no greater joy than sharing in their journey to a healthier life.”