



Laurie Marbas, MD, MBA

Co-Founder & CMO, Mora Medical

Mora Medical: Using Lifestyle Medicine in the Virtual World

What happens when you
merge
Lifestyle Medicine
and
Telemedicine?

In a sentence...

It works.

The Mora Mission

Our approach to care focuses on primary prevention of chronic diseases using lifestyle medicine principles of a whole food plant-based diet, restorative sleep, daily movement, stress and mind-body connection, community support, and avoidance of smoking and excessive alcohol consumption.

Mora collaborates with the patient to identify each patient's health risks, desired health goals, strategies to enhance their engagement, development of a plan to achieve therapeutic goals, and placement of patient within a community of patients with shared ambitions to improve their health.

It Works Well

- Accessibility – for patients and doctors
- Cost – individual and shared medical appointments; use of insurance including Medicare and Medicaid
- Convenience – flexibility of time and place
- Efficiency – group medical visits allow more patients to be reached at once
- Infrastructure – use of EMR and zoom technology
- Outcomes – patient health improves decreasing the medical burden for patient, corporations, local resources, insurance companies, etc.

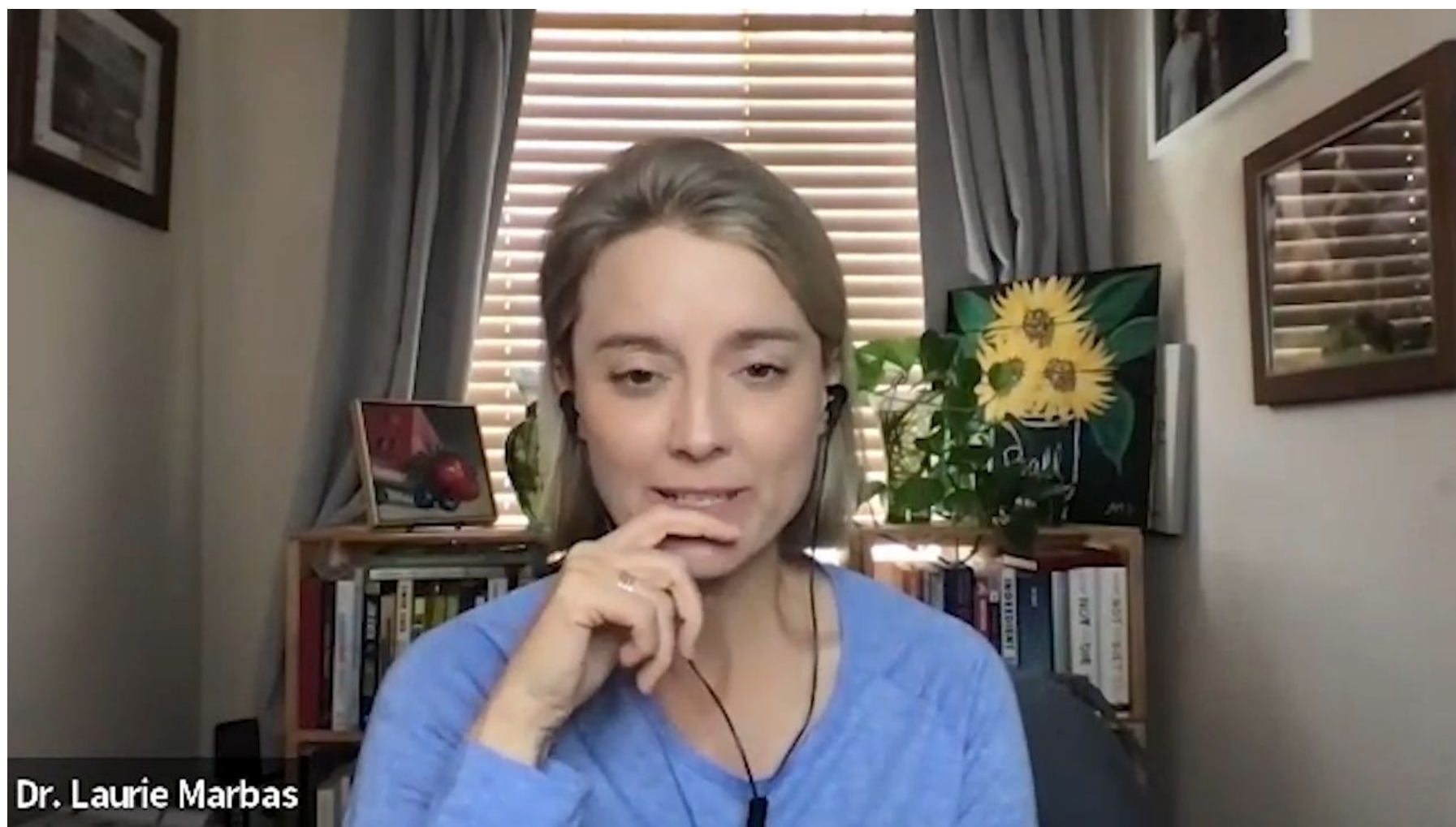
Not Without Challenges

- It's still new – not everyone understands shared medical appointments or the term of lifestyle medicine
- Technology – can be challenging for older patients, often the ones who need it the most
- Labs – works well most of the time
- Billing & insurance – complicated and expensive to participate
- Communication - limited to audio and video; must have patient advocate ready to answer all questions via phone and not just email or portal communication
- Marketing – patient acquisition is challenging

But it is Worth it



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To Learn More...

Mora.com

Questions?