Health optimization services strives to promote health through optimization of nutrition, exercise and mental health for pediatric populations using evidence based care and resource connections. We are advocates for a community that supports healthy habits and leaders in lifestyle medicine education, training and research. Through your specialty service or primary care office, our team is available to address healthy lifestyles and assist families with making healthy changes. During a visit, you may meet with a pediatrician and/or licensed psychologist, registered dietitian, social worker and exercise physiologist to create attainable steps to achieve your goals.

What to expect at a visit with the health optimization services team:

- Assessment with our team of specialists
- Determination of your goals and priorities
- Information about community resources and related programs
- Recommendations for patients, families and caregivers to help you create an environment that best supports your child and family
- Virtual and in-person options for families with scheduled check-ins for healthy lifestyle habit goal setting
- Help with overcoming barriers to make progress on goals
- Partnerships with your primary care team and other specialty clinics and offices

What to bring

- Your child and family members or legal guardian who will be supporting the patient throughout treatment
- Guardianship papers, if applicable
- ID and insurance cards

Contact information

Helen DeVos Children's Hospital
Health Optimization Services
35 Michigan Street, Suite 1800
Grand Rapids, MI 49503
Phone: 616.391.7999

MyChart virtual visits

Conduct a safe and secure video call with a health care provider through the Spectrum Health App. Learn more and sign up for MyChart today at spectrumhealth.org/app.
Meet the health optimization services team

**Adelle Cadieux, PsyD**
Pediatric Psychologist  
**Graduate School:** Central Michigan University  
**Board Certification:** Psychology  
**Special Interests:** Pediatric Psychology

**Hanna Jaworski, MD**
Pediatrician  
**Medical School:** Emory University School of Medicine  
**Residency:** Case Western Reserve University  
**Board Certification:** Childhood obesity medicine  
**Special Interests:** General pediatrics and population health

**Cait Melamed, MS, RDN**
Registered Dietitian  
**Graduate School:** Grand Valley State University  
**Special Interests:** Providing families with tools to incorporate nutritious habits

**Renae Pullman, LMSW**
Social Worker  
**Graduate School:** Michigan State University  
**Special Interests:** Supporting families to achieve optimal mental health

**Lucie Silver, MS, RCEP, EIM**
Exercise Physiologist  
**Graduate School:** Michigan State University  
**Special Interests:** Working with families on building a healthy lifestyle through exercise

**William Stratbucker, MD**
Pediatrician  
**Medical School:** University of Nebraska Medical Center  
**Residency:** Creighton University (Omaha, NE)  
**Board Certification:** Childhood obesity medicine  
**Special Interests:** Pediatrics and clinical research