

Mevident is a platform for you to engage in integrative wellness

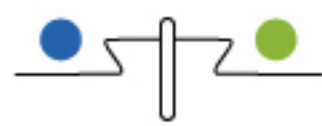
Get Started

Select Practitioner Specialty Enter Your Zip Code

Select Carrier/Network Select Plan/Option [Find Now](#)

VISION HEALTH

What go into your eyes every day
Eye problems are very common. According to CDC, more than 150 million Americans use corrective eyewear [Read more](#)



What is integrative wellness about

- Optimizing nutrition, fitness and your weight and prevent unnecessary illness
- Understanding and improving your physical structure and function and improving your energy and productivity
- Manage stress and improve mental ability
- Build healthy social support and learn to be happy
- Balance work, life and your being and improve life satisfaction



What is integrative wellness NOT about

- Waiting until you get very sick and become a patient
- Relying on multiple pills a day to cope with symptoms
- Spending a lot of money on healthcare
- Being stressed about work life imbalance
- Being unhappy and feeling powerless

Case studies



A patient with chronic fatigue, digestive upsets and unhappy work-life balance eliminating his symptoms and improving energy to actually enjoy their work-life challenges. By identifying his gluten intolerance, helping him cope with his emotional eating habits and losing excess weight. [Read more...](#)