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WELLNESS

Wellness Care vs. Sick Care

Invest in Your Health, Not Just Your Symptoms

The philosophy behind proactive wellness care and why prevention matters.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Much of modern healthcare is built around waiting until something breaks and then fixing it. That approach is essential for emergencies and acute illness. But when it comes to staying healthy, active, and strong for decades, a proactive approach can make all the difference.

This guide explains the difference between sick care and wellness care, and how to build a lifestyle that keeps you thriving.

What Is Sick Care?

Sick care is reactive. It waits for symptoms to appear, then treats them. You get your car fixed only when it breaks down on the highway. It is necessary, but it often addresses problems late, when they are harder and more expensive to fix.

What Is Wellness Care?

Wellness care is proactive. It focuses on maintaining healthy function, catching small problems early, and building habits that support long-term health. It is the regular oil change, tire rotation, and tune-up that keeps your car running for years.

Side by Side

Sick Care	Wellness Care
Reacts to symptoms	Prevents and maintains
Starts when you hurt	Continues when you feel good
Focuses on the problem	Focuses on the whole person
Patient is passive	Patient is an active partner
Short-term fix	Long-term resilience

The Pillars of Wellness

- **Movement:** daily activity and regular strength training
- **Nutrition:** whole, minimally processed foods
- **Sleep:** 7 or more consistent, restorative hours

- **Stress management:** breathing, nature, connection
- **Structural health:** a mobile, well-functioning spine and joints
- **Preventive care:** regular check-ups and screenings with your medical team

Where Chiropractic Wellness Care Fits

Once your initial concerns are resolved, periodic wellness visits help us monitor your spine and joints, address small restrictions before they become painful problems, and keep your exercise and lifestyle plan on track. Many patients find that regular care helps them stay active and feel their best. How often you come is always your decision.

Health Is an Investment

You invest in retirement long before you retire. Investing in your health before problems appear works the same way: small, consistent deposits compound over time.

My Wellness Plan

- ☐ Move 30 minutes most days
- ☐ Strength train twice a week
- ☐ Eat more whole foods
- ☐ Protect 7+ hours of sleep
- ☐ Daily stress-reset practice
- ☐ Keep up regular check-ups

Common Questions

How often are wellness visits?

It varies by person, often every few weeks to every couple of months. We will recommend a schedule that fits your goals.

Is wellness care covered by insurance?

Coverage varies. Our team will review your options and any wellness plans we offer.

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YOUR NEXT STEP

Let's get you feeling your best again.

Ready to move from reacting to thriving? Call (630) 289-2225 to talk about wellness care.

Book Now: (630) 289-2225

freedomwellness.llc/book

VISIT US

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OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

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