

Health Optimization Services

What you need to know



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

Rena 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