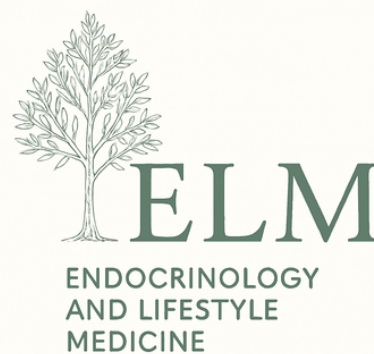


Is ELM Right for You?

Telehealth
Only

A specialty telehealth partner for hormone, metabolic, and lifestyle health



Where Science Meets Soul

You may benefit from ELM if you are looking for deeper, more personalized support for:

Diabetes & Blood Sugar

Type 1, Type 2, prediabetes, CGM guidance, insulin pump/AID support, or feeling stuck despite your efforts

Metabolic & Weight Health

Insulin resistance, metabolic syndrome, sustainable weight care, or safe medication-supported options

Women's Health

PCOS, infertility related to metabolic health, pregnancy planning, perimenopause or menopause support

Thyroid Health

Hypothyroidism, hyperthyroidism, thyroid nodules, or papillary thyroid cancer

Lifestyle & Prevention

Nutrition, movement, sleep, stress, and preventing disease progression



PA Ashlyn Smith

How ELM Fills the Gap

Many people feel their care focuses on lab numbers, rushed visits, or short-term fixes.

ELM provides:

- Unrushed, personalized visits
- Care that looks beyond labs alone
- Clear, practical action plans
- Support implementing lifestyle changes
- Guidance with diabetes technology
- Convenient telehealth that meets you where you are

We work alongside your primary clinician – not in place of them – so your care stays connected and coordinated.

Ask your clinician about a referral or contact us to learn more.

ELM Endocrinology and Lifestyle Medicine

Ashlyn Smith, Founder

MMS, PA-C, DipACLM, BC-ADM,

DFAAPA, LSC



www.elm-health.com



myelmhealth@gmail.com



602-556-3434



[elm.pac](https://www.instagram.com/elm.pac)



[elm-endocrinology-and-lifestyle-medicine](https://www.linkedin.com/company/elm-endocrinology-and-lifestyle-medicine)



tinyurl.com/elm-health

