

Singles
Couples
Families
Groups
Worksites



Mary Ann Wietbrock is an RN with a Master's degree as a Board Certified Clinical Nurse Specialist. She has 30 years of cardiac experience and is specialized in Fitness & Nutrition & Medications. Her web site provides success testimonials for her weight loss program.

www.cardinalelements.com
317-410-9140
askRN@cardinalelements.com



Personal Weight Loss Coach

100% Covered by
Anthem, Blue Cross Blue Shield,
United Health Care, UMR,
and Medicare

No out of pocket fees

102 Granby Dr. Suite #106
Cumberland IN 46229
or onsite at your business

Questions: Call my cell at
317-410-9140 or email me at
[askRN@
cardinalelements.com](mailto:askRN@cardinalelements.com)

I write blogs with useful
information relating to Fitness
& Nutrition & Medications,
and general wellness topics.

Send me your comments.

Use these social media tags to
locate more information:

[#trim2fitness](#) [#age2prime](#)

[#StopMedicationAbuse](#)

Mission Statement

My passion is to promote one individual at a time to implement life style choices while leading the community in wellness programs to reduce barriers leading to chronic diseases

Dream Your Goals

Start with a free preventative health assessment covered completely by insurance to determine your wellness needs.

Body fat %
Body mass index
Medical history
Physical exam
Food inventory
Life style habits
Fitness level



Easy Menu's Available



Create Your Personal Menu

This weight loss coach helps you meet your individualized wellness goals while safely monitoring your vitals & labs & medications

Healthy carbs & Healthy fats
Eat enough protein & vitamins
Cook in or eat out
Simple exercises

"My experience with Cardinal Elements has been fantastic! Mary Ann's program works! She is very knowledgeable and supportive. It was 100% covered by my insurance. I would highly recommend her! Thanks, Mary Ann!" Tonya. More testimonials at www.cardinalelements.com

100% Covered by Insurance
Anthem, Blue Cross Blue Shield,
United Health Care, UMR
and Medicare

Health Savings Accounts
Also cash, check, charge if
not on insurance plans

Celebrate your success

Reduce your risk factors for
diabetes complications, strokes,
heart attacks, & cancers

Average Program STATS at 6 months

Reduced body fat by 5%
Reduced waist size by 3.5"
Reduced body weight of 26.5 lbs.
Reduced medications & pills
Better digestion
More energy

Contact Mary Ann

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