

# Operation Better Start



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**Program Assistants**  
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**OBS Physician Advisor**  
Mark Snowise, MD

## **Who are we?**

We are a group of health professionals working with your pediatrician to improve your child's health through one-on-one and family based health counseling.

## **What do we focus on?**

We focus on health changes that any family can make by helping you look at your nutrition, activity and health behaviors.

## **What health issues do we see?**

We see young people with a variety of health concerns including asthma, diabetes, high cholesterol, eating disorders, obesity, growth failure, insulin resistance, food allergies and hypertension.

## **Who can participate in OBS?**

We work with young people birth to 22 years old and their families.

## **How much does the program cost?**

There is no cost to participate in the program. We work with your insurance company and various grants to ensure there is no out-of-pocket cost to you.

## **How long is the program?**

We will work with your family to build a plan to address your health care needs. Each family's needs are unique, but most participate in our program for at least one year.

## **How can I get into the OBS program?**

You can talk to your primary care provider and they will refer you.

## **Where are you located?**

At the Hillcrest Campus of BMC, 165 Tor Court, Pittsfield, MA 01201

## **How can I contact OBS for more information?**

Call us @ 413-445-9243 or visit our website @  
[www.berkshirehealth.com/health\\_services.asp?ID=54](http://www.berkshirehealth.com/health_services.asp?ID=54)

