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URBANE HEALTH CARE: WHERE EVIDENCE MEETS COMPASSION

At Urbane Health Care, we do more than treat symptoms, we deliver evidence-based, patient-centered care that helps you restore balance, reclaim your health, and sustain long-term wellness. Our mission is to empower every patient with the knowledge, tools, and support to take charge of their physical, emotional, and metabolic health.

SCHEDULE NOW

WELCOME

YOUR PARTNER IN EVIDENCE-BASED, WHOLE-PERSON CARE

At Urbane Health Care, we deliver an evidence-based, patient-centered approach that empowers adults to take control of their long-term health. With telehealth and in-person [services](#) available across New York, New Jersey, Maryland, and Florida and expansion underway in additional states our care model meets you wherever you are. Our mission is to help every patient achieve sustainable wellness through continuity of care, advanced diagnostics, and compassionate follow-up. Whether you're managing midlife metabolism, recovering after cancer treatment, or addressing service-related exposures, Urbane Health Care provides comprehensive, evidence-based solutions that restore balance, confidence, and long-term wellbeing.

TAKE OUR METABOLIC QUIZ

Urbane Health Care was founded with a vision to deliver **evidence-based, patient-centered primary care** that meets the complex health needs of today's adults. Built on a foundation of clinical excellence and compassion, our journey began with a simple truth: lasting wellness requires more than quick visits and symptom management. Over the years, we've expanded our services to include **metabolic and hormone health, cancer survivorship medicine, and veterans' wellness**, offering comprehensive care that empowers every patient to live healthier, longer, and stronger.





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PRIMARY CARE SERVICES

Your care, informed by evidence- personalized for you.

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ONCOLOGY-INFORMED PRIMARY CARE

Healing beyond remission - evidence-based care for life after cancer.

[READ MORE →](#)



VETERAN HEALTH SERVICES

Honoring your service with evidence-based care that restores strength.

[READ MORE →](#)

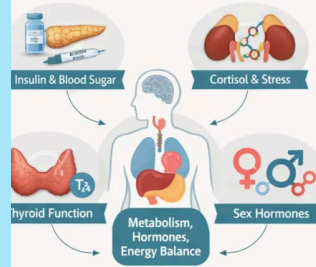


HORMONE & METABOLIC OPTIMIZATION

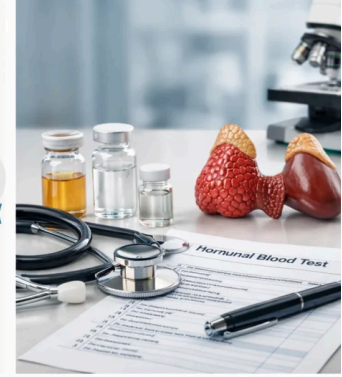
Evidence-based strategies for a balanced, resilient metabolism.

[READ MORE →](#)

Metabolic & Hormone Optimization



Metabolic & Hormone Optimization



FACILITIES AND AMENITIES

WHAT TO EXPECT

CLEAR DIAGNOSIS WITH LABS & CONSULT

Start with a digital intake and targeted labs. In your consult, Dr. Adewale explains what's driving your symptoms (metabolism, hormones, medications, history) and outlines options.

PERSONALIZED CARE PLAN YOU CAN FOLLOW

You'll receive a written, step-by-step plan—nutrition, sleep/movement goals, stress support, and when appropriate, medications and evidence-based supplements—prioritized by safety and your goals.

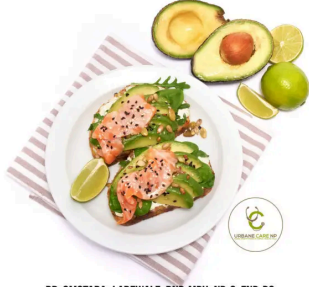
MEASURABLE RESULTS & SUPPORT

We track what matters (weight trends, A1C, lipids, energy, sleep) and adjust quickly. Follow-ups are scheduled (telehealth or in-clinic) to keep you progressing and maintaining results.



30-DAY METABOLIC RESET

Balance Your Hormones, Burn Fat, Boost Energy—Jumpstart Your Metabolic Transformation Natural



DR. OMOTARA, J ADEWALE, DNP, MPH, NP-C, FNP-BC
FAMILY HEALTH NURSE PRACTITIONER

30-DAY METABOLIC RESET BOOK

Reset your body and reclaim your energy in just 30 days. **30-Day Metabolic Reset** is a simple, natural guide designed to help you balance hormones, burn fat, and boost energy without extreme dieting. With practical, easy-to-follow strategies and nourishing food choices, this book helps jumpstart your metabolism and support lasting, healthy transformation. Perfect for anyone ready to feel better, lighter, and more energized—starting now.

[BUY NOW](#)

TESTIMONIALS

WHAT OUR PATIENTS SAY

After joining Urbane Care, I finally lost weight I thought I could never shed. Their approach is truly unique!

Sarah Johnson

I feel more energized and healthy thanks to the personalized care I've received. They really listened to my needs.

Emily Carter

Urbane Care has made a significant difference in my life. The support and guidance are top-notch.

James Smith

START YOUR WELLNESS JOURNEY

Contact us today to learn more about personalized healthcare solutions tailored for you.

[SCHEDULE NOW](#)



OUR STORY

Urbane Care NP prioritizes patient well-being through evidence-based, compassionate healthcare services.

HOURS

Mon - Fri: 9 AM - 5 PM
By Appointment Only

[Book Now](#)

LOCATION

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