

HEALTH TIPS

Make Health Happen

Making a Change – My Action Plan

TRYING TO MAKE A CHANGE? HAVING A PLAN WILL HELP YOU SUCCEED

Ready to make a change in your life? Great! After thinking about it for a while, it can feel good to finally get going.

You have thought about the benefits. You have pictured yourself being successful. Are you ready to give it your best effort?

Just to be sure, circle a number on the scale below to show how committed you feel.

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Less committed

More committed

Did you circle a 5 or higher? Then you are ready to move forward. Now here are a few tips to help you succeed.

1. Have an action plan

Write down your goals. List things you will do, and when you will do them. Be specific. That way you will have a plan to follow, and you will be able to track your success.

Take a minute to write down your first step:

This week I will _____

On a scale of 1 to 10, how confident are you that you will really get this done?

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Less confident

More confident

Did you circle a 5 or higher? If not, rethink your first step. Make it something you can do with confidence to get off to a great start.

2. Involve friends and family

It makes a big difference when the main people in your life are helping you.

3. Make your action plan a priority

Carve out time from your schedule. Plan ahead. Don't let your action plan get derailed.

4. Be ready for challenges

Think about the things or people that could throw you off track. How will you deal with them?

5. Reward yourself

Thinking about how this change will make your life better is a great motivator. What other ways can you think of to reward yourself?

Congratulations! You are on your way. If you keep a positive attitude and follow your action plan, your goal is within reach.



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Customer Care Center: 1-800-782-0095 (TTY 1-866-378-1634)

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