

HEALTH TIPS

Make Health Happen

Making a Change – How to Start

MAKING A CHANGE IN YOUR LIFE TAKES TIME. JUST DECIDING TO TRY IS A GREAT START.

Everyone has things about themselves they want to change. Maybe you want to quit smoking, exercise more, eat better or lose weight.

What would you like to change in your life?

1. _____
2. _____
3. _____

Some changes are big and some are small, but they are never easy. Habits can be tough to break. That's why it's best to do it one step at a time.

Step 1 – Deciding to try

The first step may not seem hard, but it's very important. If you're not really ready, you will have a hard time sticking with it.

One way to get ready is to think about how this change will make your life better. If your goal is to quit smoking, think about how much better you will feel. You will also save money, and probably even live longer. Writing it down can help a lot. You may even want to keep a journal of things you would like to change.

Something I will try to change: _____

Ways this change will help me and my family:

1. _____
2. _____
3. _____

Another important step is to visualize your success. Try to picture in your mind how things will be better after you have made the change.

Step 2 – Ready? Sure you're ready? Go!

How do you know when you're ready to stop thinking and start changing? You may have thoughts like these when it's time to act:

- "I don't want to keep going like this."
- "Something has to change."
- "What can I do?"

If you've thought about how worthwhile this change is and the ways your life will be better, then you're probably ready.

You may not be ready yet. Take your time. Just keep paying attention to that feeling that it's almost time to make a change.

But if you are ready – and you're looking forward to a better you or a better life – then go for it!



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WVHT-MCHS-0111 E

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

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HP-C-1133-13 12.13