

# HEALTH TIPS

Make Health Happen

Making a Change –  
and Making It Last

## MAKING A CHANGE IN YOUR LIFE ISN'T EASY, SO BE PATIENT WITH YOURSELF

Have you tried to make a positive change in your life or your behavior lately? Good job! That's how we grow.

How is it going? Are you having a hard time with it? If so, there is nothing too surprising about that.

Like anything that's worthwhile, making a change is hard. It can be easy to give in to your old habits. And when that happens, you may feel discouraged.

Just remember that a few setbacks – or even a lot – are normal. Instead of being hard on yourself, here are a few things you can do to get back on track:

- Understand that setbacks happen – it's human nature.
- Remember why you wanted to make the change in the first place.
- Get friends and loved ones to help you – the more support the better.
- Think about why you got off track and how you can avoid doing it again – learn from the experience.
- Be patient with yourself – you deserve credit for the progress you have made.

### Live and learn

Think back. Have you ever succeeded in making a worthwhile change? If so, give some thought to how you did it. Can you use what you learned back then to help you succeed now?

It takes time to reach a goal, but keep learning every step of the way. As you move forward, you'll be smarter and more ready to handle any temptation or challenge. Write down some strategies you have learned that help you stay on track:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### There's no time like the present to make it happen

Old habits die hard. It can take a few tries to make a change and make it stick. The main thing is to keep moving forward. Your goal is important, so keep working at it. Before you know it, the change will become a natural part of your life.



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### Helpful phone numbers for UniCare members only

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

MedCall: 1-888-850-1108 (TTY 1-800-368-4424)

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