

# Healthy Milestones: Your Five Steps to Success

Managing your own health doesn't require a lifestyle overhaul. It starts with making small changes in a way that promotes long-term wellness. Your care coordinator is your partner in health, bringing together the right team of professionals to help you find your best path to better health.

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## Understand Your Health

Hearing the next step and taking the next step are two different things. It's easy to feel overwhelmed when you leave your doctor's office with a diagnosis, prescription, and a list of life changes you don't understand. Your care coordinator can help explain it all to you.



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## Create a 'Be Healthy' Blueprint

If living your best life is the goal, learning how to make healthier decisions is the plan. Your care coordinator can help map your journey to success with progress checkpoints.



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## Stay Motivated to Keep Moving

Living healthy isn't a one-and-done. It's about making consistent choices to be well. Tracking your progress, celebrating small wins, and addressing challenges along the way are all important to long-term success. Your care coordinator will stay by your side from start to finish - their goal is to keep you moving forward.



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## Connect with Your Community

Having a strong support network can help you get and stay healthy. Your care coordinator has connections with local agencies and support groups all over, so they can help manage your condition and care options.



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## Celebrate You!

When you feel better, life gets better. Recognizing your health achievements is an important part of your ongoing wellness - it acknowledges your hard work and confirms that it pays off in the end.



Managing your health can seem difficult, especially when you're worried about costs and confused by complicated medical terms. Knowing when and how to ask the right questions can help you find your way to healthier living.



### What does my condition mean?

Remembering everything your doctor said during the visit is hard especially when you don't understand complicated medical terms. Knowing what led up to your condition, what needs to change, and how to make those changes is necessary to move forward.



### How can I manage the costs?

Paying all your medical bills can be hard sometimes. Understanding your insurance benefits, and where to get help, can make it easier.



### Where can I learn more?

Asking for help may be difficult - especially when you feel like a medical issue is out of your control. Finding additional resources, support groups, and community agencies can help you cope with your condition.

The road to feeling healthier begins with a few small adjustments to your routines, behaviors, and way of thinking - and your care coordinator can show you the way.