



INFORM Yourself

WELCOME

Welcome!

Welcome to PrimeWest Health's Focused Wellness program. The program is designed to help you learn more about your health. We are glad you are part of our program and we hope the information you learn will help you take charge of your health!

Planning for a Change

Making even a small change can have a big effect on your health, but that doesn't mean it's easy! Making a change—and sticking to it—takes hard work and commitment. You can set yourself up for success by making a plan.

A good 1st step is thinking about *why* you want to make the change. Think about the following questions:

- What does this change mean to you?
- How will this change make you feel?
- How will this change improve your life?

Next, think about your long- and short-term goals. Creating goals that you can meet is important for your success. Your long-term goal is your "big" goal. It's the change you want to make. Once you have your long-term goal, you can use short-term goals to break down your long-term goal into smaller steps. You can read some tips for setting goals on page 2.

Is there anything that might get in the way of you meeting your goals? Thinking about barriers and how to overcome them is the next part of making your plan. Answering the following questions can help:

- What might make this change hard?
- How will I encourage myself?
- How can I deal with barriers like time and cost?

Support is a key part of success. As you finalize your plan, think about who can be part of your support team. Connecting with someone you know who has made a similar change can be encouraging. There may also be support groups that can help. Talking to your provider before making any big change is always helpful. They can provide suggestions, help with questions or concerns about medications, and refer you to other providers and services, like counseling, to help support you.

When thinking about your support system, don't forget the Focused Wellness team! We can help with setting goals and breaking down long-term goals into achievable steps. We can also help you plan for barriers and adjust your goals if needed. Call Member Services at **1-866-431-0801** and ask to talk to the Focused Wellness nurse or your care coordinator. TTY users call **1-800-627-3529** or **711**. These calls are free.

Source: Healthwise



5 Tips for Setting Goals

Following these 5 steps can help you to set attainable goals:

- 1 Make specific goals.** This helps you measure your progress.
- 2 Write down your goals.** Look at your goals every day to help stay focused.
- 3 Focus on short-term goals.** These smaller goals help you stay on track and build confidence.

Source: Healthwise

- 4 Focus on one goal or step at a time.** This will help keep you from getting overwhelmed!
- 5 Celebrate when you reach a goal!** Rewarding yourself for reaching your short-term goals keeps you motivated and excited to meet your long-term goal.

*** Bonus tip:** Keep your barriers in mind, but don't let them get you down! The Focused Wellness program can help you find solutions and strategies to successfully make changes to improve your health!



Exercise

Exercise might not be your favorite activity, but the health benefits are endless! Did you know that physical activity can prevent some heart conditions and help to combat the symptoms of depression and anxiety? Physical activity can even enhance thinking and learning skills.

When it comes to exercise, the Centers for Disease Control and Prevention (CDC) recommends that adults get the following:

- 150 minutes of moderate aerobic activity a week
- At least 2 days a week of muscle-strengthening activities that include all major muscle groups

The Focused Wellness team understands that getting enough exercise can be hard. We have listed a few example activities in the table below to help. We've also included an idea for an activity to start with as you work toward meeting your exercise goals. There are a lot of things you can do with little to no cost!

Activity	Examples	First Step Ideas
Aerobic	Walking, wheelchair rolling, biking, swimming	Walk for 10 minutes 3 times a week
Strengthening	Working with exercise bands or weights, yoga	Lift a can of vegetables 10 times in a row 3 times a day

Be sure to talk to your provider before you start a new exercise plan. They can give you personalized recommendations. They can also help you set goals that are right for you.

Source: CDC

Your Treatment Plan: The Path to Better Health

Making a treatment plan helps you minimize the effects of your conditions and feel your best. You and your health care provider can work together to develop your treatment plan. It may include the below.

Self-monitoring

Tracking how you feel every day can help identify things that might affect your condition. One way to keep track is to start a diary or log. Try to write in it at least once a day and more often if you can. Making several entries a day can help you trace your symptoms at different times. Make sure each entry includes the following:

1. Date and time
2. Your symptoms or feelings at that time or how they have changed since your last entry
3. What happened since your last entry. Include things you've eaten, things you've done, places you've gone, and people you've been around.

Medication

If you have been prescribed medication, take it exactly as directed.



Psychotherapy (talk therapy or counseling)

Living with a chronic condition can be mentally and emotionally hard. Going to a therapist or counselor can help. You can learn new ways of thinking and how to



change troubling thoughts. Keeping appointments for this type of treatment is just as important as adhering to your medication.

Follow-up

Keeping follow-up appointments is a key way to make sure that all parts of your treatment plan are helping you as much as possible. If you don't have an appointment scheduled but feel you need to speak with someone, make an appointment—and be sure to go to it!

You can share your treatment plan and other information about your condition with all of your health care providers and caregivers by completing a form giving consent for them to see your health information. Talk with your health care provider to learn more about this.

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Source: Health Day

A Mobile App May Help

There are several mobile applications (apps) that can help you with your health journey. For example, an app called Habitica can help make building habits and tracking goals fun. Another app, Toodledo, can help you keep organized and on task as you work toward your goals. Look for apps that work with your lifestyle. Many apps are free to download but certain features may cost extra.

Remember that while technologies such as mobile apps can be helpful, they should be used to enhance your treatment plan, *not* replace it.



Working with Your Provider

The relationship you have with your health care provider is important. Doing the following can help make it a positive one:

- Keep your appointments with your health care provider. You should do this even if you feel fine when it is time for your appointment.
- Ask your health care provider questions if you don't understand something.
- Take all medications prescribed by your health care provider. Be sure to take them as directed.
- Talk with your health care provider about your symptoms and ways to manage them.
- Call your health care provider if you have problems.



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Resources

You may find the following web pages useful as you work to maximize your health:



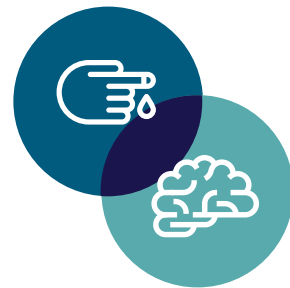
- Centers for Disease Control and Prevention (CDC): Benefits of Physical Activity. This page explains how exercise can help you get stronger, prevent falls, maintain your weight, and improve your health. Visit www.cdc.gov/physical-activity-basics/benefits/index.html.
- Minnesota Department of Health (MDH): Chronic Conditions. This page has links to information on conditions like asthma and diabetes. Visit www.health.state.mn.us/diseases/chronic/index.html.

Managing Comorbid Conditions

Having “comorbid conditions” means having 2 or more health conditions at the same time. The conditions often affect each other. Sometimes the connection is clear. For example, having both depression and anxiety. Other times, it may not be as clear. For example, having poorly controlled diabetes can trigger anxiety. Having comorbid conditions will usually affect your treatment plan.

People with comorbid conditions often have more severe and chronic medical, social, and emotional problems. It can also be harder to keep your conditions under control. It's important to talk to your health care provider if you have symptoms that you can't manage. Also, be sure to do the following:

- Follow your treatment plans for each condition.
- Talk to your health care provider about how your conditions affect one another.
- Talk with your family and friends about how you are feeling.



Managing comorbid conditions can take more planning and awareness. You can work with your health care provider to find a balance that's right for you.



Note: The information in this magazine is not professional medical advice. It is not a substitute for diagnosis or treatment. Do not ignore your health care provider's advice or wait to ask for it because of something you read here. Links to other websites are provided as a resource only. PrimeWest Health does not endorse, recommend, or pay for products or services offered by such sites.

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

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