

Designing a Personal Wellness Plan

Health Essentials



Best Care EAP Can Help!

402-354-8000 | 800-801-4182

www.BestCareEAP.org

Member ID/Login: bcCODEe

Password: CODE

What does wellness mean to YOU?

Emotional:

Mental:

Physical:

Spiritual:

Social:

Environmental:

Other?:

I say WELLNESS you think...what?

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A 4-Step Process

"No matter what goal, the more reasons you have to achieve it, the more you will convince yourself you want and need to achieve it!"
-Anthony Robbins

Step 1: Create your Wellness Vision.

Decide what you want.

Be specific.

Step 2: Clarify your reasons (Benefits? Consequences?)

What are your reasons for this change?

1. _____ WHY? _____
2. _____ WHY? _____
3. _____ WHY? _____
4. _____ WHY? _____
5. _____ WHY? _____
6. _____ WHY? _____

Step 3: Create actionable chunks

Put your plans in writing!

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DAILY

Designing a Personal Wellness Plan

Result/Goal	Action Step	Date

WEEKLY

Result/Goal	Action Step	Date

MONTHLY

Result/Goal	Action Step	Date

Step 4: Take Action!

1. _____
2. _____
3. _____

Additional Resources

- www.BestCareEAP.org
- www.WebMD.com
- www.myPHR.com
- <http://www.nlm.nih.gov/medlineplus/personalhealthrecords.html>

Designing a Personal Wellness Plan

Best Care Webinar Evaluation

Program Title: _____ Date: _____
Your Employer: _____ Facilitator: _____

Thank you for participating in today's webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

	Strongly Disagree	Somewhat Disagree	Neutral	Somewhat Agree	Strongly Agree
1. The material covered in this program will benefit me personally and/or professionally.	1	2	3	4	5
2. The facilitator was knowledgeable and effective and used clear examples.	1	2	3	4	5
3. I plan to apply what I learned.	1	2	3	4	5
4. Best Care EAP's services and benefits were reviewed.	1	2	3	4	5
5. I would recommend this training to coworkers/colleagues.	1	2	3	4	5

6. What was particularly helpful about the training?

7. What would you recommend changing about the training?

8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:

