



6 steps to making a healthy change



A UnitedHealthcare Company

Want to make a change for better health? It helps to understand your readiness for change and have strategies you can use to eventually reach your goal. Where are you on the change spectrum? The following can help you understand your current stage of readiness to change and guide you through the other stages as you move toward achieving a healthy change.



Pre-contemplation

What problem? (Denial stage)

- I don't need to change – maybe you do.
- Making that change is hopeless.
- There's nothing wrong with the way I'm doing things.
- I'm OK the way I am, I think.

STRATEGIES TO MOVE AHEAD



- Make a list of the benefits of change.
- Talk about the need for change with someone you respect.
- Complete a clinical health risk assessment (CHRA).
- Become aware of your self-defeating behaviors.



Contemplation

I'm not quite ready to change (I'm stuck!)

- I know I should change, but ...
- I'm not sure I can do it.
- I need more information.
- If only it was easier.

STRATEGIES TO MOVE AHEAD



- Make a "pros and cons" list.
- Read about the problem behavior and be open to new information.
- Talk to someone who made a similar change.
- Ask questions.
- Convince yourself that you can make a change.



Preparation

I'm making a plan

- I'm making plans to get started in the next month.
- I've tried before and it didn't work, but I'm going to do better this time.
- I'm trying out a few different strategies.

STRATEGIES TO MOVE AHEAD



- Get help in setting realistic, achievable goals.
- Make those tough choices – specific actions you'll take.
- Select a start date.
- Make a verbal commitment to those close to you.
- Identify your barriers and make a plan to deal with them.

Continued on back ►



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Action

I've made a real change

- I'm now doing something different about it.
- I know I may have lapses, but I'm determined to succeed.
- I need all the support I can get.
- I'm giving myself rewards to help me continue.

STRATEGIES TO MOVE AHEAD



- Stay focused.
- Fine tune a step-by-step plan of action.
- Ask for support.
- Clear your environment of temptations.
- Make a plan to deal with any lapse or relapse.
- Reward yourself at smaller intervals; choose your first reward.

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Maintenance

I'm sticking with the changes

- My changes are benefiting me.
- I know I need to keep focused and not revert to my old behaviors.
- I know what to do if I start to lose motivation.

STRATEGIES TO MOVE AHEAD



- Increase and improve variety in your program.
- Maintain your plan for dealing with lapses.
- Chart your progress, reward yourself and be positive.
- Continue to seek support from others.
- Make a list of the negative aspects of the old behavior.
- Stay clear of people, places or things that could compromise your change.

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Termination

I don't think about old behaviors anymore

- I'm completely self-motivated now, but I also know that I can slip.
- I still need support.
- I believe I can handle whatever comes up.

STRATEGIES TO MOVE AHEAD



- Continue to seek support.
- Keep a record of your ongoing progress.
- Help others who desire change.
- Be supportive of friends and family.