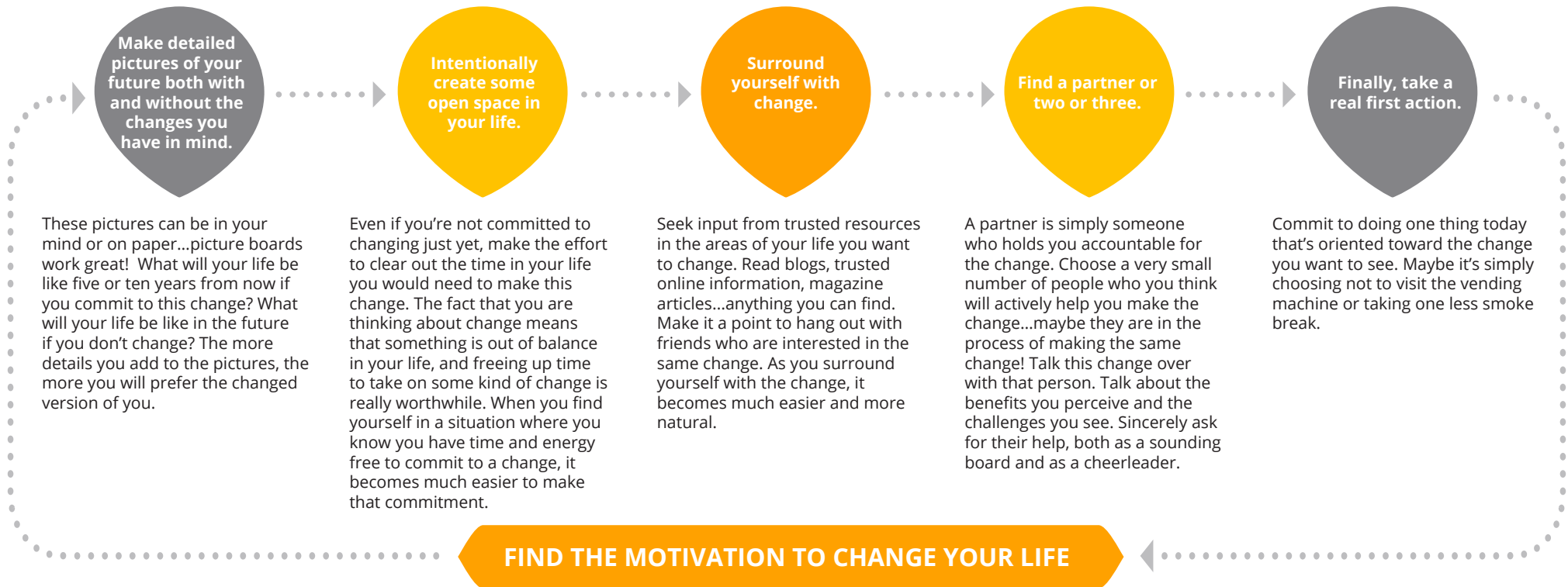


PSA In Good Health

If you are like most people, you have this sense in the back of your mind that you need to make a change...maybe it's a change to your diet (you want to lose those five pounds you gained over the last ten years), you want to quit smoking (you have breathing problems and they are getting worse), you want to become more compliant with your doctor's treatment plan, or you just aren't happy! But usually, it seems easier to continue your bad habits than to change.

There are two vital factors required in order to implement significant changes in your life. First, there's desire and motivation—that feeling in the back of your mind (and sometimes in your active thoughts) that you need to change. Second, there's resistance to change—the ingrained habits in your life that make you want to stick with what you're doing now because it's convenient, easy, or safe.

The key to making change happen in your life is to increase your motivation enough so that it overcomes the resistance. When this happens, you find yourself ready for change. Below are five steps that help raise your desire and lower your resistance to change.



Your health plan provider is ready to help. They have disease management and coaching programs free of charge that are a great resource. To access these resources, call the member/customer service phone number on the back of your ID card.

Whatever your desired change is, take action! You'll find it feels good to do something positive for yourself that moves you in the direction of the change that you want to achieve.