

HEALTHY LIVING ACTION PLAN



Name: _____

Medical Provider's Name: _____

Medical Provider's Phone: _____

Health Coach's Name: _____

Health Coach's Phone: 1-866-900-5004 Ext: _____

**Take steps
everyday to live
a safe and
healthy life.**



For more information on these or other health topics, call us toll-free at **1-866-900-5004** or visit **www.vtccmp.com**.

To enter the online health information database, click "**Vermont Members**" and then "**Knowledgebase.**"

QUIT SMOKING

- Call the Vermont Quit Line at **1-800-QUIT-NOW** (1-800-784-8669) for counseling, self-help materials, local program referrals, and help getting free nicotine patches, gum, or lozenges.

BE ACTIVE

- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
- Help children and teens be active for at least 1 hour a day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones.

EAT HEALTHY

- Eat a variety of fruits, vegetables, and whole grains every day.
- Limit food and drink high in calories, sugar, salt, fat, and alcohol content.
- Eat a balanced diet to help keep a healthy weight.
- Include fat-free or low-fat milk and milk products.
- Include lean meats, poultry, fish, beans, eggs, and nuts.

PROTECT YOURSELF

- Wear helmets, seat belts, sunscreen, and insect repellent.
- Wash hands frequently to stop the spread of germs.
- Avoid smoking and breathing the smoke of others.
- Build safe and healthy relationships with family and friends.
- Be ready for emergencies. Make a supply kit. Make a plan. Stay informed.

MANAGE STRESS

- Balance work, home, and play.
- Get support from family and friends.
- Stay positive.
- Take time to relax.
- Sleep 7 to 9 hours each night depending upon age. Children may need more sleep.
- Get help or counseling if needed.

GET CHECK UPS

- Based on your lifestyle and personal and family health histories, ask your doctor or nurse how you can lower your chances for health problems.
- Find out what exams, tests, and shots you need and when to get them.
- See your doctor or nurse as often as he/she says to do so. See them sooner if you feel sick, have pain, notice changes, or have problems with medicine.