

Nurse's Notes

from your UnitedHealthcare Health Engagement Nurses

New Year, New Resolutions!

January 2022

Put thought into your resolutions! What do you want to achieve in the new year? What habits do you want to change? Would you like to exercise more or maybe learn a new skill? Whether you make them or not, the toughest part is sticking to them. Here are some helpful tips:

- Write down your resolutions and how you plan to achieve them.
- Make small changes that are easier to maintain.
- Track your progress.
- Schedule time in your calendar (e.g. for workouts).

Set yourself up for success! The key to achieving your resolutions is to first create realistic goals. Being specific helps you track progress and know exactly which steps you need to take. Also, find someone to hold you accountable. You're less likely to let someone else down than yourself. And most importantly, be kind to yourself. Accept that you will have setbacks but don't let it stop you. It doesn't have to be overwhelming to make positive change!

Your UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See below for more information about Nurse Vickie and Nurse Therese and how you can contact them!

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