

**TAKE
CHARGE**
OF YOUR HEALTH

YOUR PERSONAL
HEALTH MANUAL

FREQUENTLY ASKED QUESTIONS

Want a quick overview of our upcoming wellness challenge? All the information you'll need to be successful is included here.

WHO is the campaign designed for?

Medical self-care is vital for everyone. The benefits extend from you to the entire health care system. Medical self-care promotes self-knowledge and decision-making skills to improve your health and the quality of care you receive. That means this challenge is suitable — and important — for everyone.

WHAT is the campaign goal?

The goal of every Workplace Wellness Program challenge is to give you the tools to make meaningful and healthful lifestyle changes. This challenge focuses on helping you develop a personal health manual. The manual is easy to assemble and is designed to help you and your health care provider improve your health and health care.

WHEN and WHERE do I complete activities?

The challenge is focused on collecting personal health information, so almost all of the activities will be completed outside the workplace.

WHY should I participate?

Just as we have a manual to ensure that everything from our cars to our toasters are operating correctly, we need to maintain a manual to be aware of our own health. Not only does a well-developed and maintained manual improve your knowledge about your own health, it also promotes efficiency in the health care system.

HOW will I track my progress?

You will collect and record information in eight categories over the course of eight weeks. You will keep your Take Charge Manual at the end of the challenge. Use the Take Charge Checklist to track the sections you've completed.

**For More
Information**

Watch the Workplace Wellness Program Weekly Wellness Messages or talk with your Department Wellness Ambassador