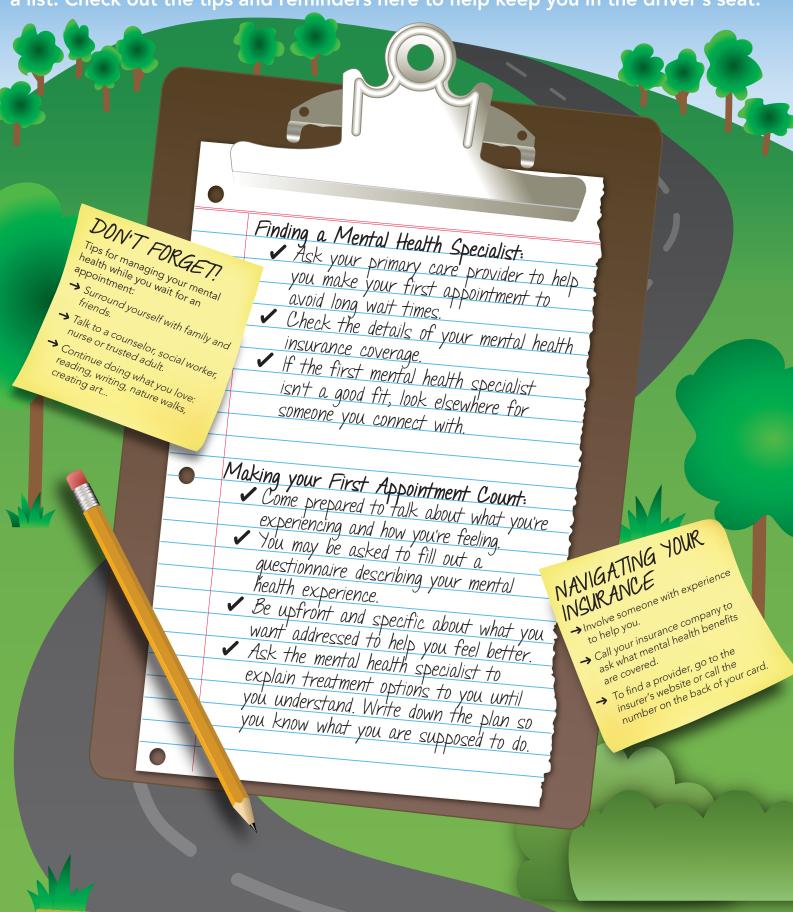
TAKING CHARGE ON THE ROAD TO LIVINGWELL

Being prepared for your journey is important! Every successful road trip begins with a list. Check out the tips and reminders here to help keep you in the driver's seat.



Making Sure Your Treatment Plan

Works for You:

✓ Keep a wellness log and monitor your

Progress.
Follow up and don't be afraid to ask about changes to your treatment plan if things

Most therapies and medications take time to work, so stick with it and results will come. Your treatment plan may change. Be active

in this process.

Questions You May Want to Ask:

→ I'm concerned about the way I feel. What is your plan for helping me feel better? → Are there any safety concerns

that I should know about with my condition or treatment plan? → Do I have to take medication?

What does it help with? What are the side effects? → How will I know I'm getting better in a few days, weeks or

→ How long will it take for me to

Living Well:

Necognize that you have control over living well.

Find a routine that works for you that includes a healthy diet, exercise and regular

sleep patterns.

Stay close to your support network. Engage family, friends, teammates and your faith

Be realistic and mindful of your needs and community. take that into consideration in making life decisions.

Getting Through H

→ Stay away from drugs and alcohol. Peer pressure can make this hard, so find strategies to make it work, like carrying a cup at parties so people don't

If you use alcohol or drugs, be honest and tell your doctor because it will likely affect your treatment plan.

Do your best to stay positive. Surround yourself with positive messages, people and activities. This can rub off and help to improve the way you feel.