

Health Agreement

The following is the Health Agreement used at the University of Wisconsin Department of Family Medicine Odana Atrium Clinic. Reading the ten items in the agreement, do you have a sense of which ones you would like to focus on first?

Welcome to the Odana Atrium Clinic. Our focus is your health, but to succeed we need your help. We may only spend a few hours together each year, setting the stage for how you can optimize health the rest of the time. We can guide you along the way, but all healing is really self-healing. You choose whether or not to follow our suggestions. We are here to walk the path with you, but it is your path.

While it is vital to keep your parts working and to fix them as needed, we also want to focus on you as a whole person. That means paying attention to emotions, thoughts, beliefs, culture, relationships—all the things that make you who you are. If you do so, you will be sick less often, need fewer drugs and procedures, and have a better quality of life. Please join us in committing to your wellness.

I, _____, will do my best to promote my own health. I acknowledge that the following areas are beneficial to my well-being and happiness:

- 1. Movement and/or exercise.** I will try to do some form of vigorous movement or exercise most days of the week.
- 2. A healthy diet.** I will try to eat at least 7 servings (*1 serving size ~ the size of the palm of your hand*) of fresh fruits and vegetables daily. Whenever possible, I will use organic and locally produced food, including multi-colored whole foods. I will try to limit foods that are processed or have a long shelf-life.
- 3. Rest.** I acknowledge that my body and mind need rest to heal and restore. I will try to get enough sleep each night, and I will take short naps during the day if needed.
- 4. A healthy weight.** I will do my best to move toward and maintain a body weight that is healthy for me.
- 5. Avoiding harmful substances.** Is there a substance or habit that I use too much and would have trouble giving up (food, caffeine, tobacco, alcohol, drugs, anger)? If so, I will seek help in letting them go.
- 6. Healthy relationships.** I will focus on having healthy family ties, friendships, sexual relationships, and connections with other groups. I understand that caring for others and being cared for is good for me and my community.
- 7. Managing stress.** I understand that the body and mind are one. When one suffers, the other is also affected. I will mindfully pay attention to where and how I feel stress in my body and explore paths to ease.
- 8. Connecting with nature.** I acknowledge that the environment influences my health, and I will do my best to help protect it. I will honor the healing power of being in nature.

9. Spiritual connection. Spirituality is something that I define for myself. I recognize that being helpful and kind to others is good for me. I will reflect on what gives my life meaning and purpose, and I will do my best to help it grow and share it with others.

10. Maintaining balance. I acknowledge that time for myself, with others, and for play is just as important as work and finances. I will do my best to find balance in my life.

I will do my best to practice these healthy lifestyle habits. I feel I need to start with number(s)_____

Health Partner

As your health care practitioner, I will help you work toward these goals. I will do my best to provide care that is easily obtained, safe, and friendly to our environment. I will work to tailor your health care to your individual needs and I will honor your own capacity to heal.

Healthcare Practitioner