



## TOTAL APPROACH TO WELL-BEING



# Find your healthy place

## Your path to well-being

Living well means so much more than having low blood pressure, a strict workout regimen or a low-carb diet. Well-being is made up of all the factors that allow you to be your best — and they're all connected. For example, think about the last time you felt stressed. How did it affect you physically or impact your relationships? It takes a total approach to health to achieve well-being.

### The six dimensions<sup>1</sup> to well-being

Try focusing on these areas to find your healthy place.

1. **Physical health** — Taking care of your body and being able to carry out the important tasks in life, now and into the future
2. **Emotional health** — Being satisfied with life, having good mental health and being able to deal with difficult emotions
3. **Financial security** — Feeling good about your current and future finances without worrying too much about making ends meet
4. **Social connectedness** — Having close, meaningful and supportive relationships, and feeling like you're part of a community
5. **Character strengths** — Feeling consistent thoughts and taking actions that contribute to the good of yourself and others
6. **Purpose** — Having a sense of meaning in life and pursuing what's most important to you



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<sup>1</sup>Determinants of well-being are proprietary to Aetna and developed as part of a multi-year research collaboration with faculty at the Harvard T.H. Chan School of Public Health.

# Well-being in action



Whether you are healthy or have existing conditions, focusing on all areas of well-being can help you on your path to better health. Here are some actions you can take to get started.



## Physical health

- Be active every day. Walk, bike, swim, dance or do what makes you happy — it all counts
- Choose healthier food options like whole grains, fruits, vegetables and low-fat dairy products



## Social connectedness

- Surround yourself with good friends
- Join a club to meet other people who share your interests



## Emotional health

- Practice deep breathing to help manage stress
- Try to focus on the positives in life



## Character strengths

- Find ways to continue to grow your skills and knowledge
- Volunteer, mentor or get involved in your community



## Financial security

- Plan for your future — consider hiring a certified professional planner to help
- Reduce debt and keep a monthly budget



## Purpose

- Practice being thankful every day
- Determine what's important to you and pursue it — whether in your personal life or your career



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