



## How to Use My Wellness Prescription- For Prescribers

### What is My Wellness Prescription?

My Wellness Prescription is a tool you can use to suggest non-medical, community-based activities that support a person's overall health and well-being. It complements clinical care by addressing social, physical, and emotional needs.

It helps connect individuals to local opportunities, such as walking groups, community dinners, or craft classes, that promote engagement, independence, and quality of life.

### 5 Simple Steps to Get Started

- 1. Start with what matters to the person**  
Engage the individual in a brief conversation about their interests, preferences, and goals. Ask what they would like more of in their daily life.
- 2. Identify one or two appropriate options**  
Encourage the individual to choose one or two realistic and meaningful activities. Offer suggestions as needed and consider any barriers to participation (e.g., transportation, mobility, access).
- 3. Complete the prescription together**  
Write the individual's name and the selected activity or goal on the prescription. This reinforces shared decision-making and commitment.
- 4. Support next steps**  
Discuss how the individual can get started. This may include providing resource information, suggesting a referral or warm handoff, or identifying support from family, caregivers, or community partners.
- 5. Follow up and adjust as needed**  
Check in on progress when appropriate. If the activity is a good fit, encourage continuation. If not, help identify alternative options. The prescription can be adapted over time.

### Does My Wellness Prescription replace medicine or medical care?

No, it works *alongside* medical care. It focuses on the social, physical, and emotional parts of life that support overall health.

### Where can I learn more?

More information about My Wellness Prescription and AgingME is available at [agingme.org](https://agingme.org), and additional information on community resources in Maine is available at [lifelongmaine.org](https://lifelongmaine.org).

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