



How to Use My Wellness Prescription

What is My Wellness Prescription?

My Wellness Prescription is a way for your doctor or health care worker to suggest things for you to do to help you feel healthier, instead of just relying on medications.

It gives you ideas for local activities such as walking groups, community dinners, or craft classes so you can stay active, social, happy, and healthy.

5 Simple Steps to Get Started

- 1. Think about what matters to you**
Ask yourself what you would like more of in your life right now. Do you miss talking with other people, cooking or baking, going for a walk, gardening, doing puzzles, or learning something new?
- 2. Choose one or two ideas**
Start small and pick something that feels realistic and enjoyable. If you aren't sure where to start, you can ask someone to help you think of ideas or find ways to do that new activity at home or in your community.
- 3. Fill in your prescription**
Fill in your name and write down the activity or new idea you want to try.
- 4. Take the next step**
This might mean making a phone call, getting a ride to an event, signing up for a class, or simply asking a friend or family member for help getting started.
- 5. See what works for you?**
If it's working, great - keep going! If not, try something else. Your prescription can change as much as you want it to.

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 your overall health.

Where can I learn more?

More information about My Wellness Prescription and AgingME is available at agingme.org, and additional information on community resources in Maine is available at lifelongmaine.org.

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