



Planning for personal health and wellbeing

Taking some time to think about your personal health and wellbeing and actively making an improvement plan can help you clarify what's important to you, identify those small yet impactful changes you can make to improve your life, and stay motivated.

Feel free to use this worksheet as a guide, which you can edit and save, print and write down your thoughts, or just consider the questions.

What areas do I want to improve, to be my best self?

No matter how big or small, have a think about your current habits or behaviours. Writing these down can be valuable as you consider where to focus. For example, this could be growing your confidence, getting a handle on your finances, or being more active.

What are some little things I can start doing to achieve this goal?

Set yourself some SMART (specific, measurable, achievable, relevant, and time-bound) goals that you can work towards. It's okay to think small! For example, 'Go for a 25 minute walk every other lunch break' or 'Cook a balanced meal at home 4 nights a week'.

Is anything going to get in the way of me making positive changes?

Have a think about why you might have struggled in the past, or issues that you feel come up when you try and make changes to your routine. For example, 'I run out of time for myself' or 'I lose motivation quickly'.

What can I do to overcome or manage any barriers?

If you want to exercise more, could you do this with a friend or colleague? If you struggle to find time, could you block a dedicated appointment in your calendar?

Why is this important to me?

It's important to think about why you want to make changes to keep you motivated and on track. For example 'I want to live a healthier life' or 'I know I have more potential to develop at work'.

Get support via Help@hand

from unum

Help@hand provides total health and wellbeing support, including services that can help you identify positive lifestyle changes and develop tools to support change.

Remember, personal wellbeing can be flexible and adapt to your life as challenges or new aspirations arise. Revisiting and adjusting your plan ensures it remains relevant and important to you.



360 Wellbeing Score

Help@hand provides four assessments on key areas of wellbeing – physical, social, financial, and mental health. Take these assessments for your overall 360 Wellbeing Score and get recommendations on areas of improvement and next steps.



Lifestyle coaching

Completing just one wellbeing assessment unlocks 1-2-1 lifestyle coaching sessions*, provided by expert via video consultation. You might be going through a life change like starting a new job, feel stuck and need someone to talk to about what comes next, or feel like you're not living up to your potential.

Your lifestyle coach could help you

- + Through the goal-setting process
- + Take stock of the connected areas of your life and assess blockers that prevent you from thriving
- + Set yourself up for success, with a strategy and support tools
- + Stay motivated and on track



Scan the QR code or search 'Help@hand' in the App Store or Google Play.

If you haven't already set up your account, enter the username and password in your welcome email, and log in. If your temporary password has expired, simply click 'Forgotten Password?' to resend.

*Six sessions per year available to insured employees.

Help@hand connects employees of Unum customers to third party specialists who can help manage their health and wellbeing, and that of their family. Access to the app and service is facilitated at no cost by Unum. Unum is not the provider of the Help@hand service, but retains the right to withdraw or change the service at any time. Available to UK residents only. Square Health Limited, registered in England and Wales Number 07054181. Crown House, William Street, Windsor SL4 1AT.

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