

Building Your *Health Management Plan*

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Introduction Health Management

Why You Need a Health Management Plan

A structured plan helps you:

- Increase energy, focus, and productivity
- Reduce long-term healthcare costs
- Prevent chronic disease before it starts



Key stat: ~80% of chronic diseases are preventable
through lifestyle changes (CDC)

5 Simple Steps

Health Management Plan

1

Get Comprehensive Bloodwork

Go beyond the annual physical

2

Define Areas Needing Improvement

Review results with your PCP or specialist

3

Build Your Personalized Health Plan

Fitness, nutrition, supplementation, sleep, etc.

4

Action Over Information

Stop overthinking and start implementing

5

Reassess Monthly & Adjust

Track key metrics (weight, body fat, energy levels, sleep, etc.)

POP QUIZ:

What are the 5 steps to building a health management plan?

Winning Prize?
Walking treadmill



Thank you!

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