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# Creating Your Own Individual Wellness Plan

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# Agenda



- 1 What is an IWP
- 2 Why do I need an IWP
- 3 How to make an IWP

# What is an Individual Wellness Plan?

An Individual Wellness Plan (IWP) is designed to help you evaluate which Components of wellness you would like to improve and then create a set of values to turn to and keep you motivated and accountable to the actions steps you will formulate throughout your journey to reach your desired wellness goals and ultimately advance your health and wellbeing.

Ponder: Without thinking too hard, which Components of Wellness would you like to improve?

Ex: Physical and Social



**Physical:** adopting healthy habits and physical activities that help us accomplish our life goals



**Financial:** understanding our relationship with money and how to set and attain financial goals



**Mental:** prioritizing mental health by understanding our emotions and developing coping and communication skills



**Social:** building and maintaining fulfilling relationships with family, friends and teammates



**Spiritual:** expanding our sense of purpose & meaning in life by incorporating value, principles & beliefs to guide our actions



**Intellectual:** acquiring knowledge through new experiences in pursuit of lifelong learning



**Environmental:** making an eco-friendly impact in our workplace, community and world



**Occupational:** contributing a positive impact at Myriad and to our society as a whole

# Why an Individual Wellness Plan?

Most people can identify what Component of Wellness they would like to improve and then many of those individuals will jump straight to an action plan.

The problem with this is that when things get hard or the routine is interrupted, it is easy to give up. That is why we want to create a set of values for *WHY* we want to improve that Component of Health BEFORE we start creating action steps.

We do this through the Myriad Sequences of Wellness AKA our Myriad Values



**Collaboration** means we support one another with our health and wellness goals and share our wins and lessons learned along the way



**Innovation** comes from us working together to find bold and imaginative ways to meet those goals



**Inclusive** means we understand that the wellness journey is unique and different for everyone, and we find ways to make sure everyone can participate, no matter what level of health they may find themselves



**Caring** is providing encouragement when it is hard to change habits and turning to the wellness team to find resources and are that can help.



**Committed** means we hold ourselves and those around us accountable to our new wellness habits to make sure they last

# Example:

Here is an example to see how it is done:

My name is Marissa Gray. I care about my wellness because I want to be around to take care of my family and to have the energy to go on adventures with them.

The Myriad Components of Wellness I want to work on are **Physical, Financial, and Social**.



I will collaborate with my husband and my doctor to provide me support, lived experience, and expertise for my Physical goal, as well as my new teammates for my Social goal.



I will be innovative by utilizing the MyFitnessPal app to track my calories for my Physical goal, use my Myriad Fidelity benefits to help me with my savings and retirement goals, and connect myself with Myriad employees using Engage, Teams, and email to get to know my new teammates.



I am NOT a diligent person when it comes to forming new health habits, I know this about myself, so I need to remember to be reasonable when I set my goals. I know from past experience that if I am too ambitious with my goal, I get very discouraged. I want this wellness journey to bring me joy.



I celebrate each day in a healthy way when I meet my goals AKA don't always celebrate with cake. I gently correct myself when I make a mistake and I have supportive friends and family when I struggle.



I am fully committed to strengthening my Physical, Financial, and Social Wellness. My husband is my accountabil-a-buddy who I check in with each day, and I will be honest about my progress on Engage

# YOUR TURN!

**Pull out your IWP Template**

# \_\_\_\_\_’s Wellness Philosophy

I care about wellness because....

The dimensions of wellness I want to focus on right now are:



**Collaborative**

Who I’ll partner with...



**Innovative**

Creative approaches I’ll take...



**Inclusive**

New perspectives I might incorporate or unconscious biases I might challenge.



**Caring**

Encouraging myself and others...



**Committed**

Staying focused and accountable to myself

# Take Action and Use Benefits

## Resources and Support

### Challenge

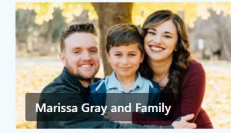
Component of Wellness	Challenge Yourself!	Events	Learn More
Physical	Track your calories for at least 15 days this month.	<a href="#">Participate in National Nutrition Month! Watch this video about the Basics of Meal Prepping to help you track your calories this month.</a>	<a href="#">Click here and read "Managing Blood Pressure for a Heart-Healthy Diet"</a>
Financial	Track your spending this month in preparation for designing a budget next month. If you need a tracker, see Learn More	<a href="#">Register and join the Care Talk: Living Off Your Paycheck</a>	<a href="#">Click here to learn more about how to create a budget and then download the tracking form to begin tracking your expenses</a>
Mental	<a href="#">Create a Spring Health Account, then schedule and attend a therapy session.</a>	<a href="#">Register and join this Spring Health Webinar: Understanding the Connection Between Sleep and Mental Health</a>	Watch this on-demand webinar from Spring Health on How to Prioritize Your Mental Wellbeing
Social	Have a healthy lunch with a coworker you may not know as well.	Share a picture of your healthy meal on the Wellness@Myriad Engage page	<a href="#">Click here to be directed to Spring Health "Moments". Search for "Eating" and read "Using Social Supports"</a>
Spiritual	Practice mindful eating for at least 15 meals this month. For help on how to mindfully eat, see Learn More.	Click here to be directed to Spring Health "Moments". Search for "Eating" and read "Mindful Eating"	Read: Tips for Incorporating Self Care a Mindfulness into the Workday by Spring Health
Intellectual	Boost your problem solving skills! Complete a 500-1000 piece puzzle.	<a href="#">Participate in Intellectual Disabilities Month! Talk: A</a>	
Environmental	Prepare for spring by doing some spring cleaning. Deep clean at least two spaces in your home.		
Occupational	Stand up and stretch at least 3 times during your work day for at least 10 work days.	<a href="#">Regist Boost</a>	



Wellness@Myriad Newsletter

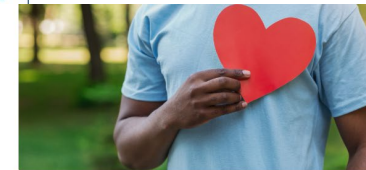
### Putting the Heart Back in Your Wellness Routine - February 2025

February is Heart Health Month. In this newsletter, you will meet your new Benefits Administrator and learn about the heart she hopes to instill into the benefits and wellness programs here at Myriad Genetics. Then, you will read about just how prevalent cardiovascular disease is and watch a video with eight essential principles to help you on your journey to better heart health. Later, you will dive deeper into a benefit that can help those who may already be experiencing challenges in their heart health and how you can save money on your pharmacy spend. Finally, we can't avoid taxes, but we can avoid the stress that accompanies doing them and that is harmful to our heart health.



### Meet Marissa Gray, your new "Benefits and Wellness Lady"

Marissa Gray started at Myriad Genetics on January 2, 2025 as the Benefits Administrator on the People Team. Ever since she was little, whenever anyone asked her what she wanted to be when she grew up, she would say she just wanted to be where she could help people. This led her to starting her undergrad studying biology to study medicine and help those with their physical health, then pivot and change to a bachelors in Marriage and Family Studies to help with emotional health. However, after a series of educational and personal events, she realized that so many people never make it to the doctor's office or the therapist's couch, and she wanted to help all those people who were too



### Benefit Highlight: Rx Savings Solutions

Did you know that the American Heart Association has found that one in eight adults with common heart disease skip their medications, delay filling prescriptions, or take lower doses than prescribed because of concerns about costs? You don't have to be this statistic! You and anyone covered on a Myriad medical plan has access to a personalized Rx Savings Solutions account. It shows you what lower-cost prescriptions are covered by your elected insurance and lets you compare prices. Best of all, RxSS will contact you anytime your spending too much on prescriptions! [Click here to activate your RxSS account or log in to see if you can be saving money.](#)

### February is Heart Month

Cardiovascular disease accounted for 941,652 deaths in the United States in 2022 and 127.9 million US adults, which is nearly half of US adults, had some form of cardiovascular disease between 2017 and 2020. Join us in the fight against heart disease this month by getting your heart pumping for at least 30 minutes for at least 15 days this month. For extra credit, watch [Life's Essential 8](#) to learn more about how you can better protect your heart health. For more monthly wellness challenges, visit [Wellness@Myriad](#).

The screenshot shows the Facebook profile for "Wellness at Myriad". The profile picture is a heart icon. The bio states: "Everyday you live Myriad's mission to advance health and wellbeing for all. Wellness@Myriad aims to advance YOUR health and wellbeing." Below the bio are tabs for "Conversations", "About", "Files", and "Events". There is a post area with a "Share thoughts, ideas, or updates" prompt and options for "Discussion", "Question", "Praise", and "Poll".



# Thank you!

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