## CDMPLUS® | MY CARE PLAN

## Health & Wellness





## Health & Wellness

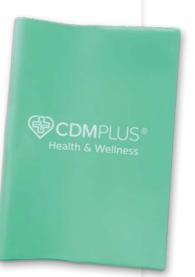
## My Care Plan - Health & Wellness

is an A5 hard copy resource that helps to improve your wellbeing by prompting you to monitor your health.

My Care Plan Health & Wellness will help you to:

- Identify risk factors
- Recognise
  behaviour
  patterns
- Set personal goals
- Establish healthier habits
- Progress towards your goals

Contact <sup>©</sup>CDMPLUS<sup>®</sup> Call 1800 549 769 or email <u>admin@cdmplus.com.au</u> to discuss how we can help with your Health & Wellness



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