

Health & Wellness



SCAN TO PURCHASE



MORE INFORMATION

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  CDMPLUS®

Call 1800 549 769 or

email admin@cdmplus.com.au

to discuss how we can

help with your **Health & Wellness**