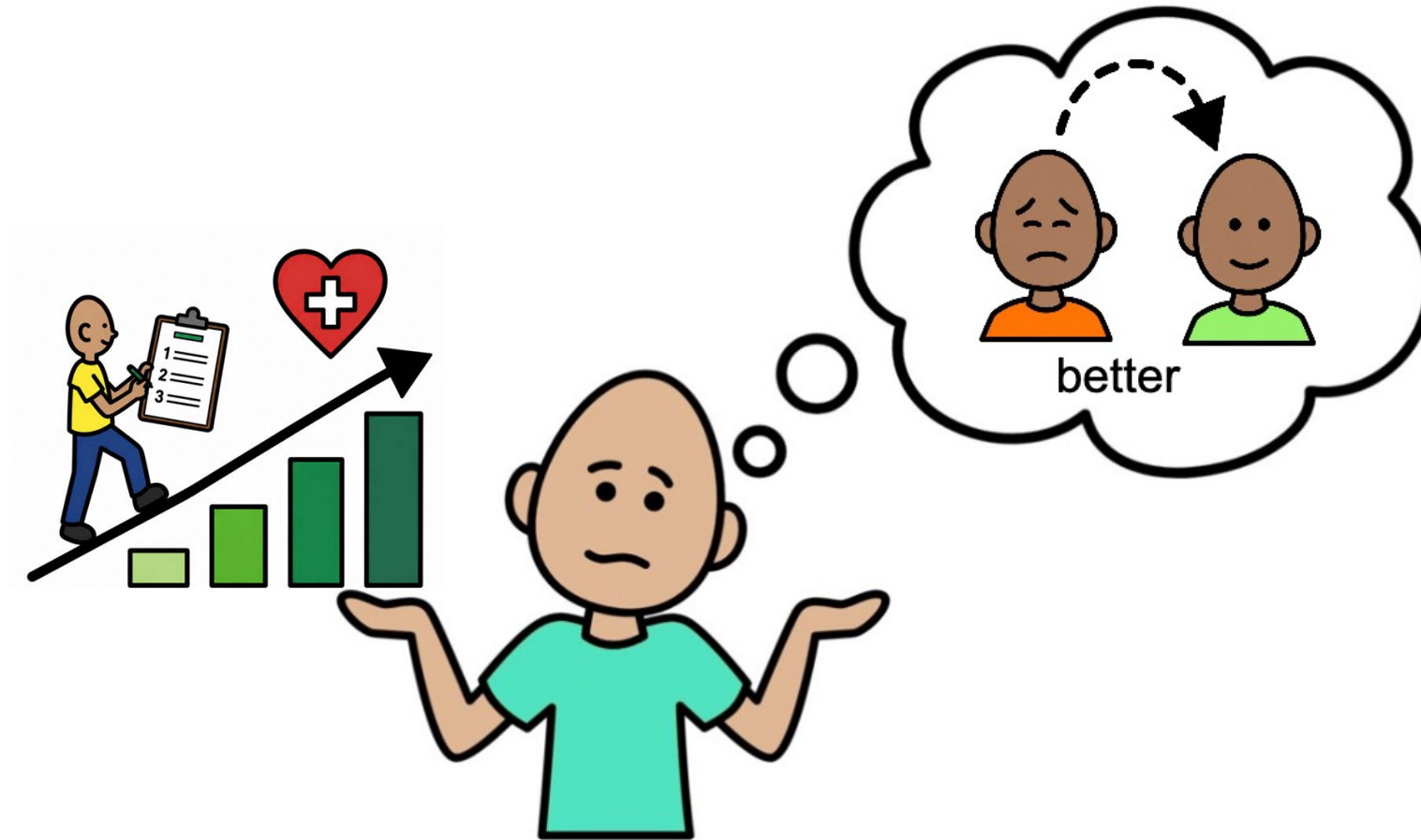
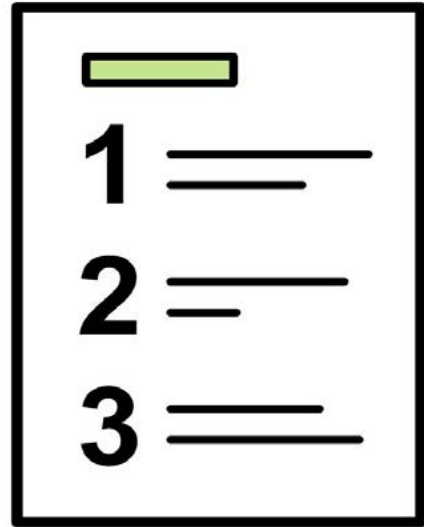




How to know if health plans make health better



plan

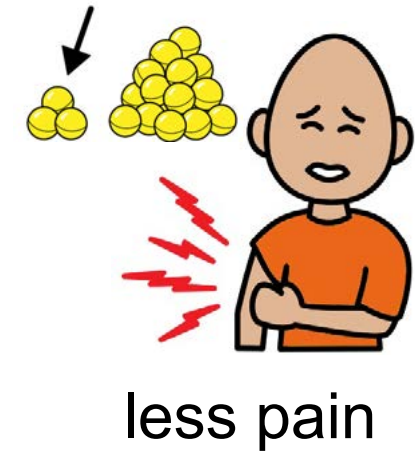
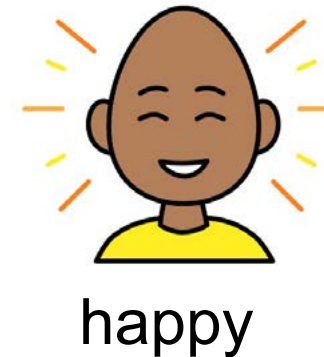
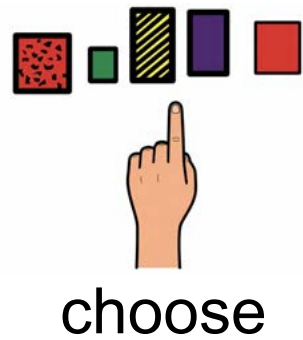


better health

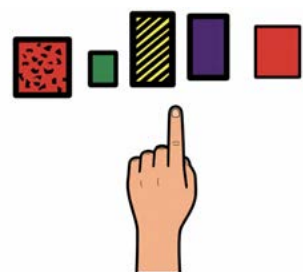


health plan

A plan to have better health is called a health plan.



People can choose why they want to make a health plan.



choose



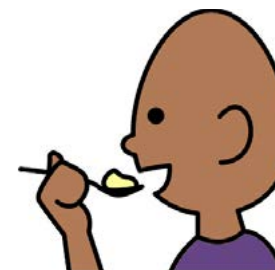
what



move



sleep



eat



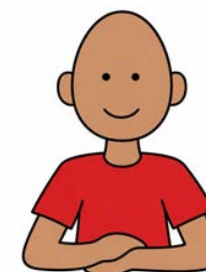
drink



friends



activities

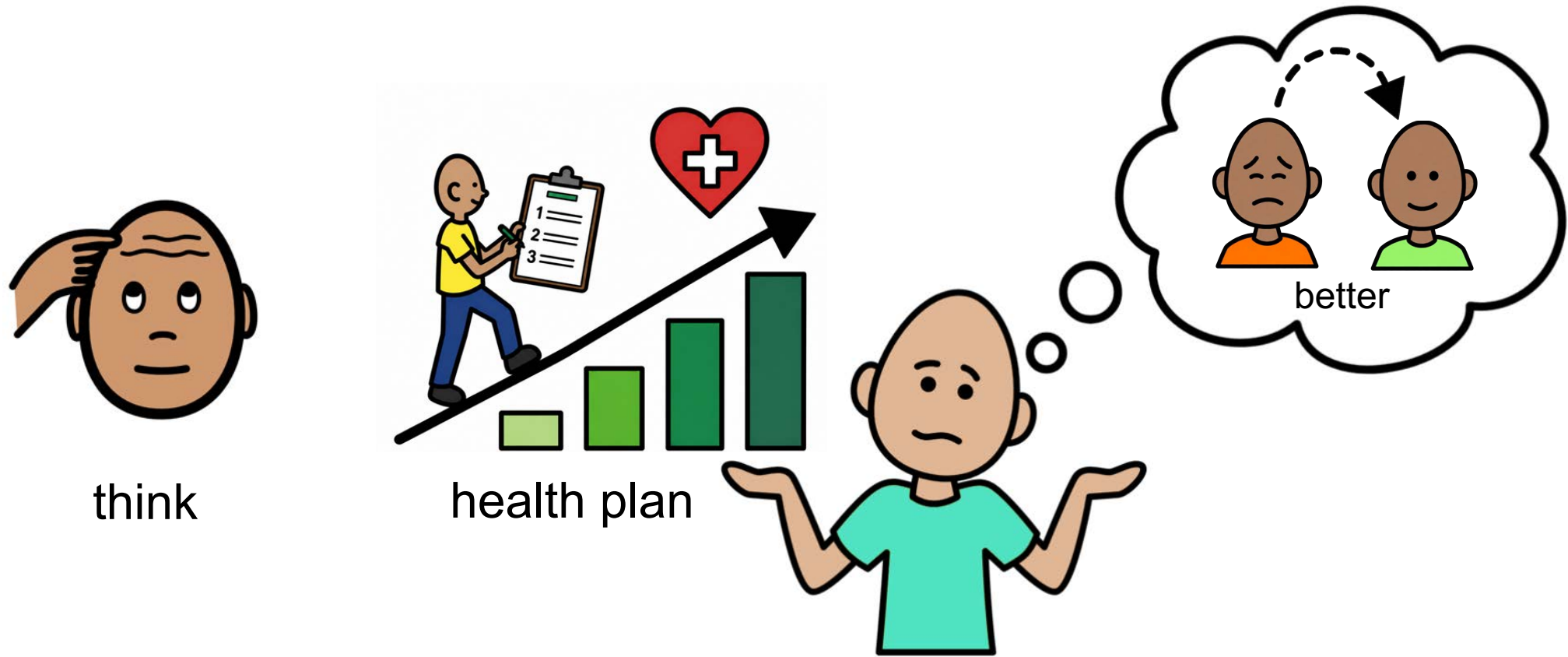


calm

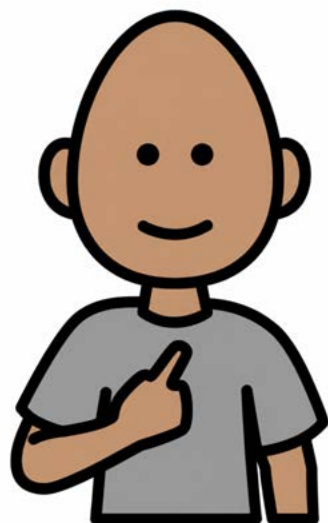


happy

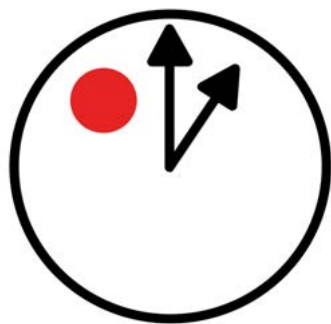
People can choose what they want to change.



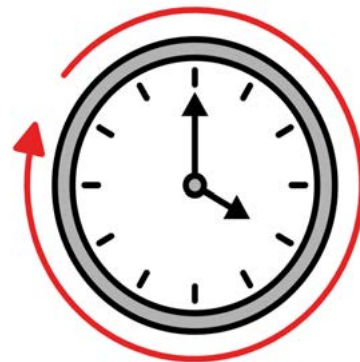
People can think about how they will know if their health plan has made their health better.



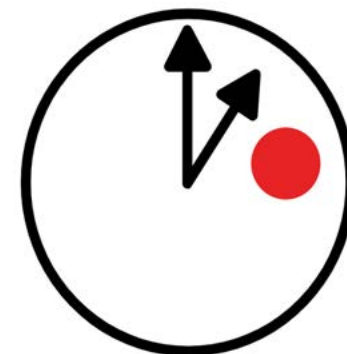
I feel



before

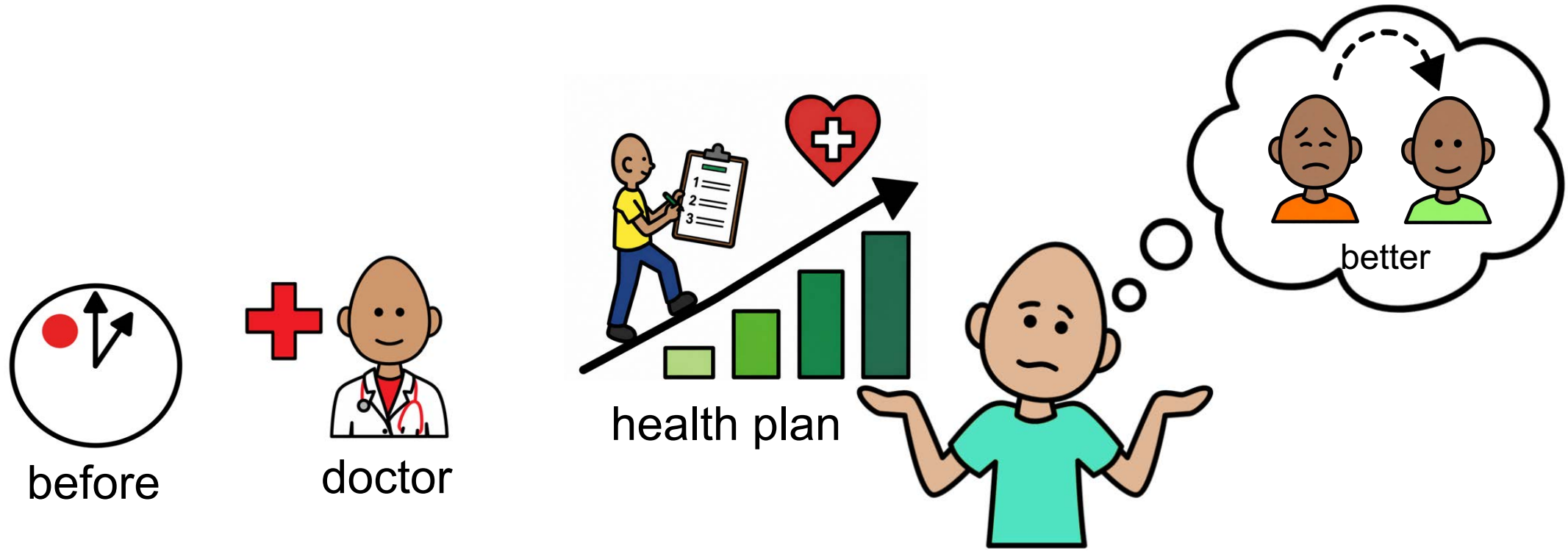


during

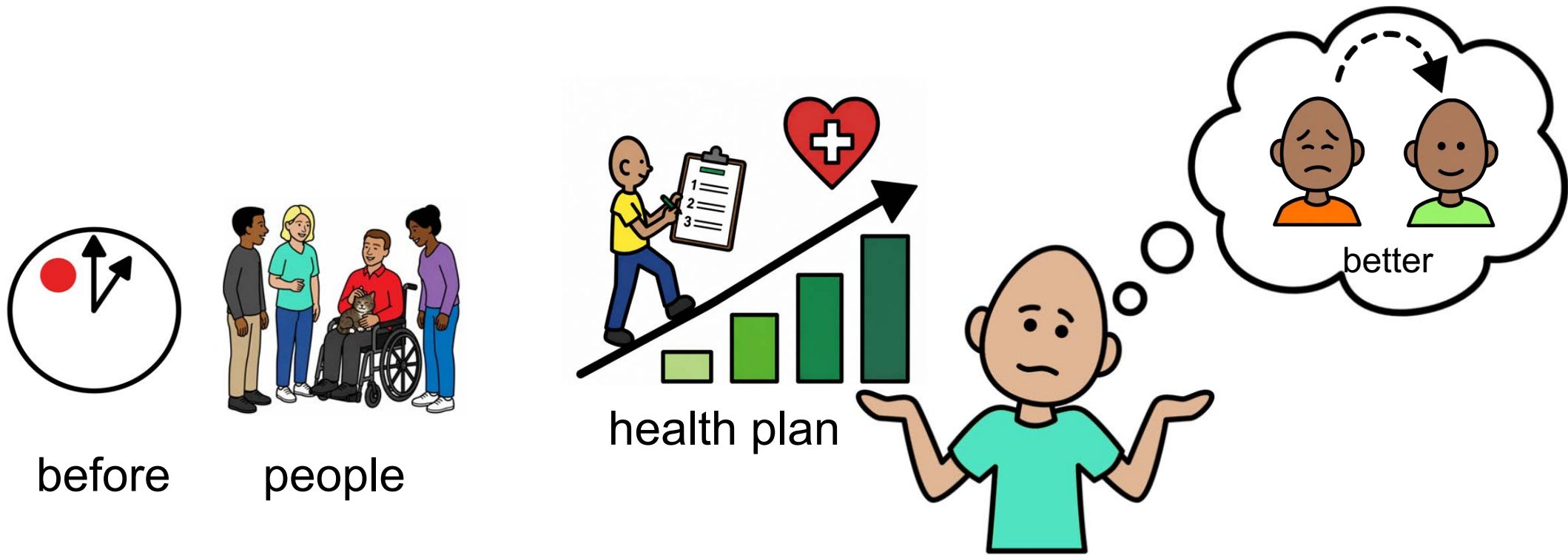


after

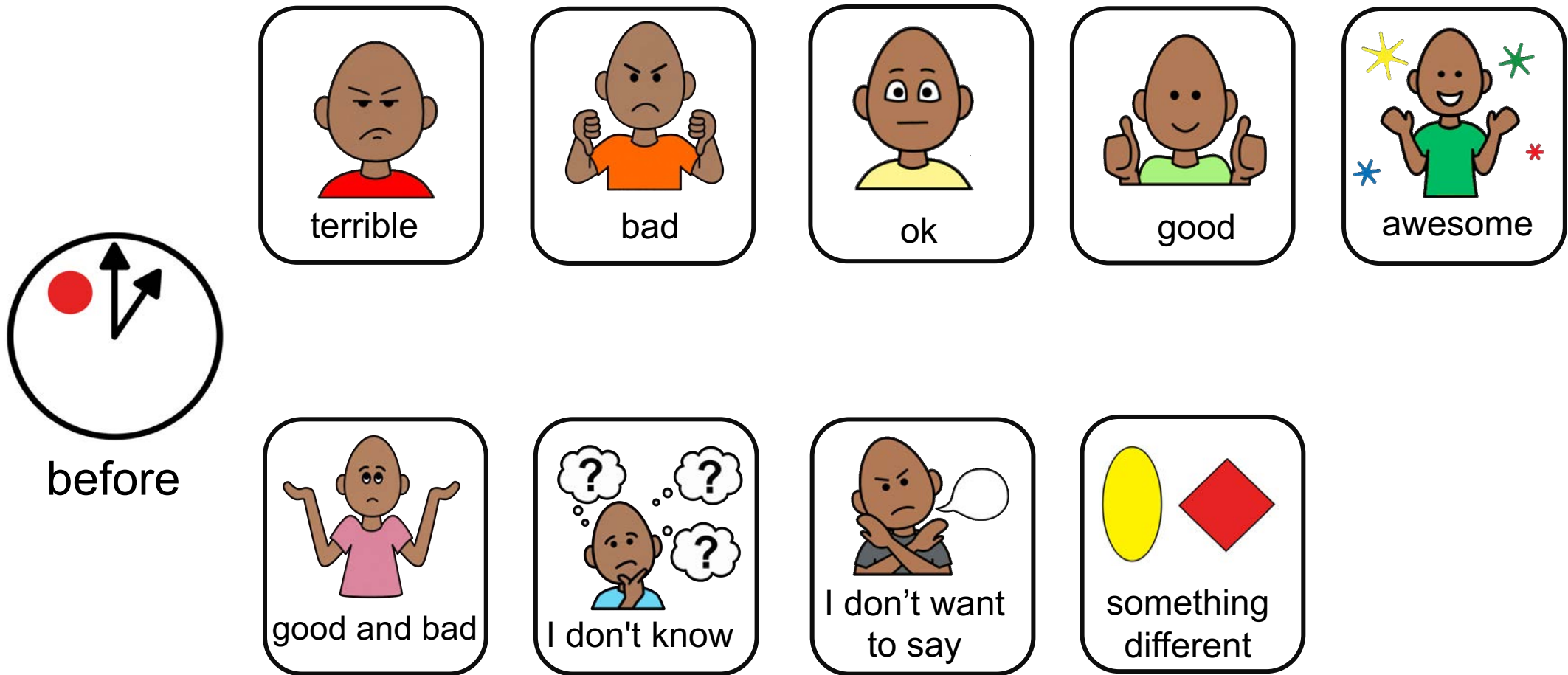
People can talk about how they feel before starting their plan, during their plan, and after their plan.



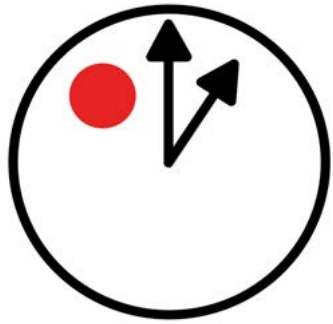
Before starting, people can ask the doctor how they can know if the plan has made their health better.



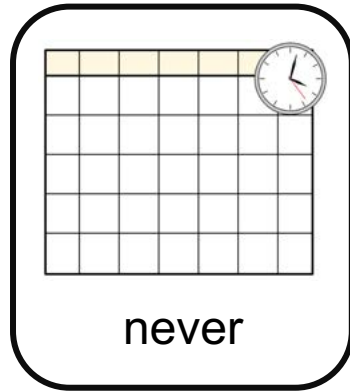
Before starting, people can ask people helping them how they can know if the plan has made their health better.



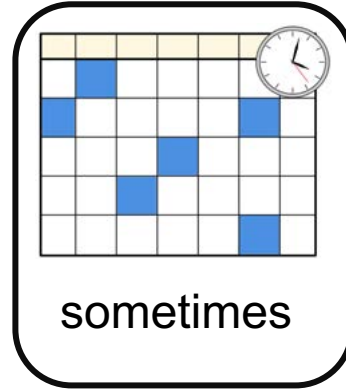
Before they start their plan, people can say how they feel.



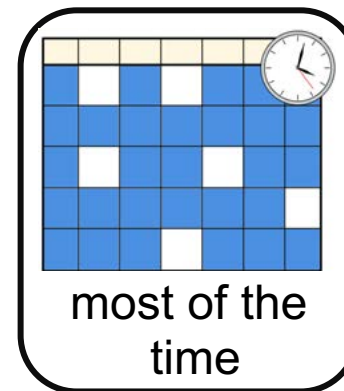
before



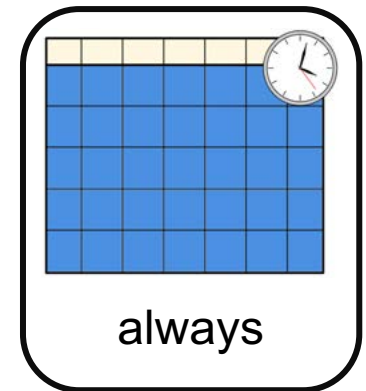
never



sometimes

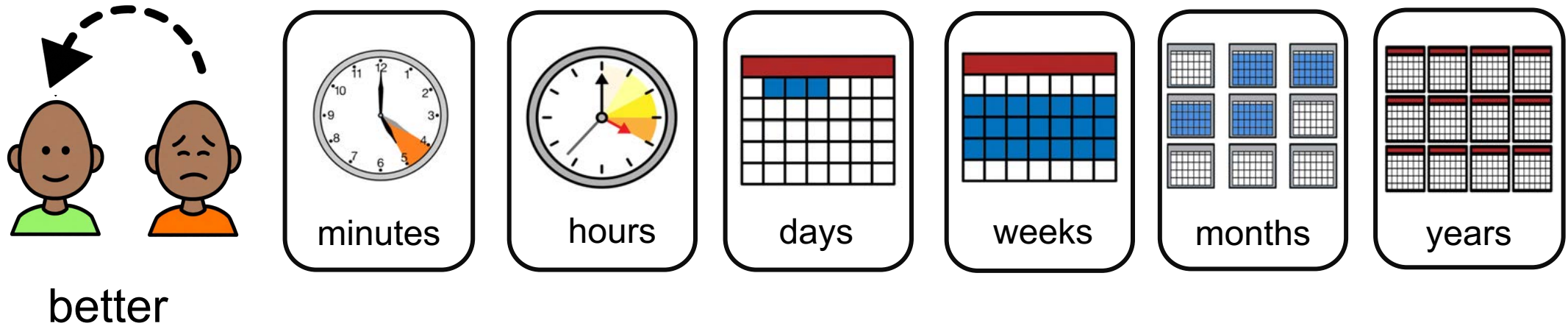


most of the
time

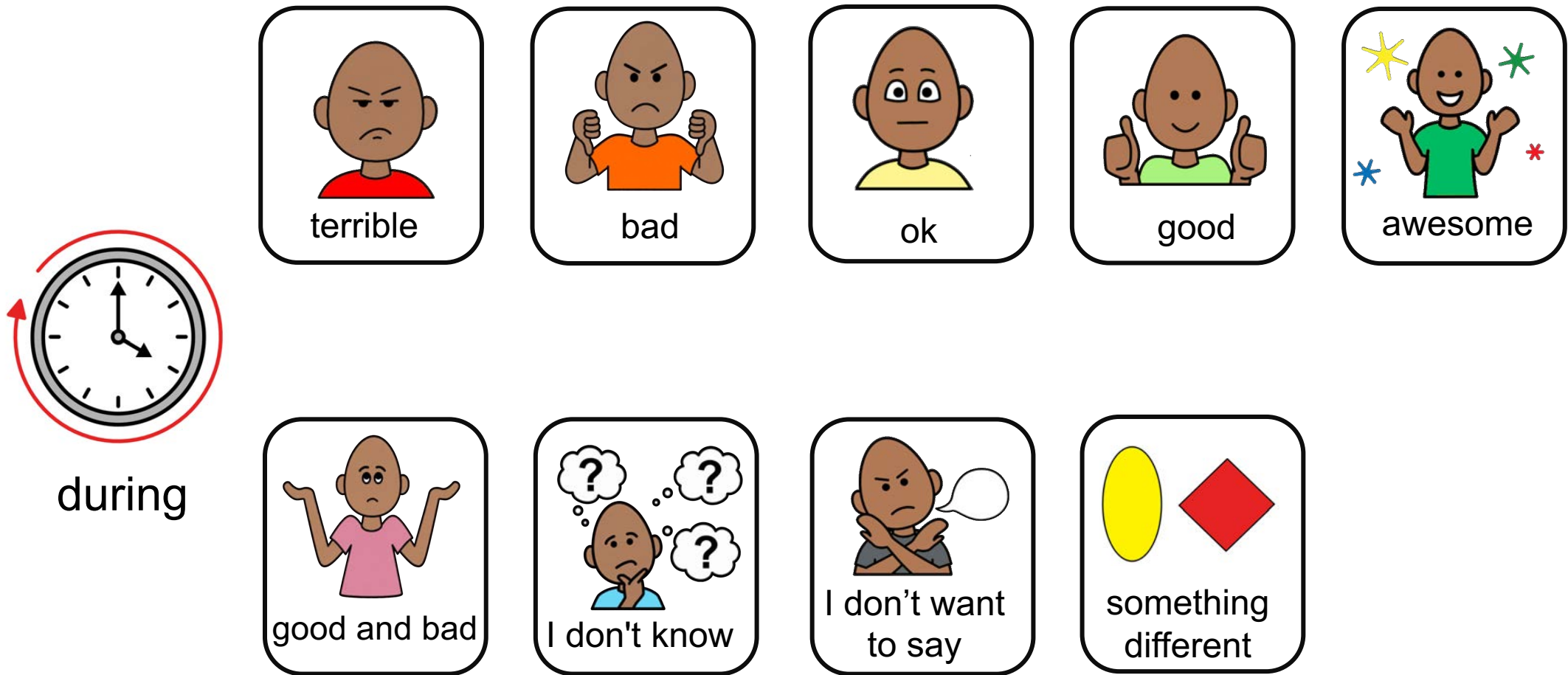


always

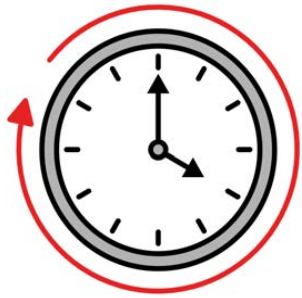
Before they start their plan, people can say how often they feel good or bad.



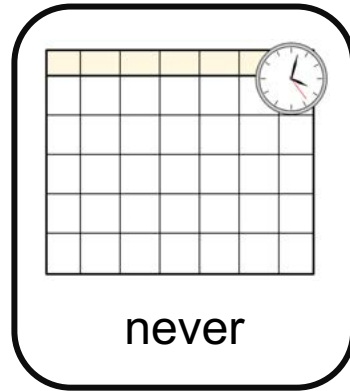
Feeling better can take time. People can think about how long they will try making changes.



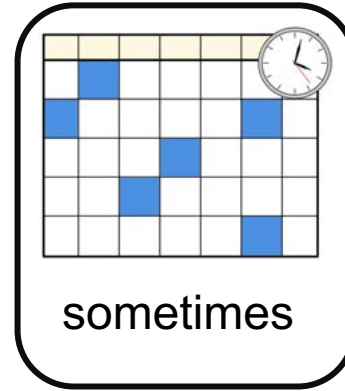
During their plan, people can say how they feel.



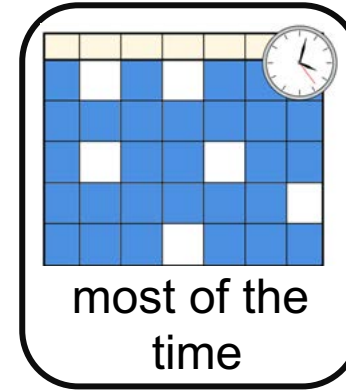
during



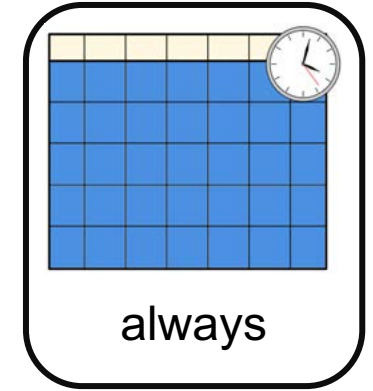
never



sometimes

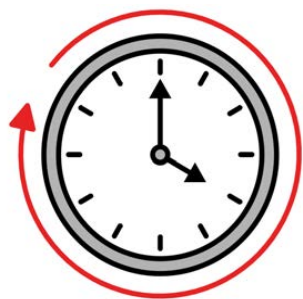


most of the
time



always

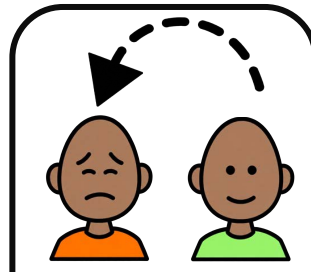
During their plan, people can say how often they feel good or bad.



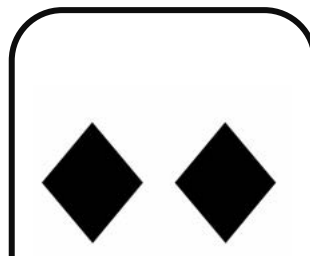
during



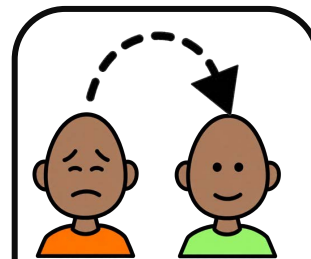
the worst



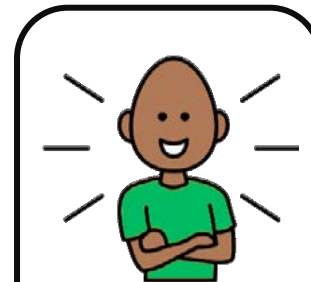
worse



the same

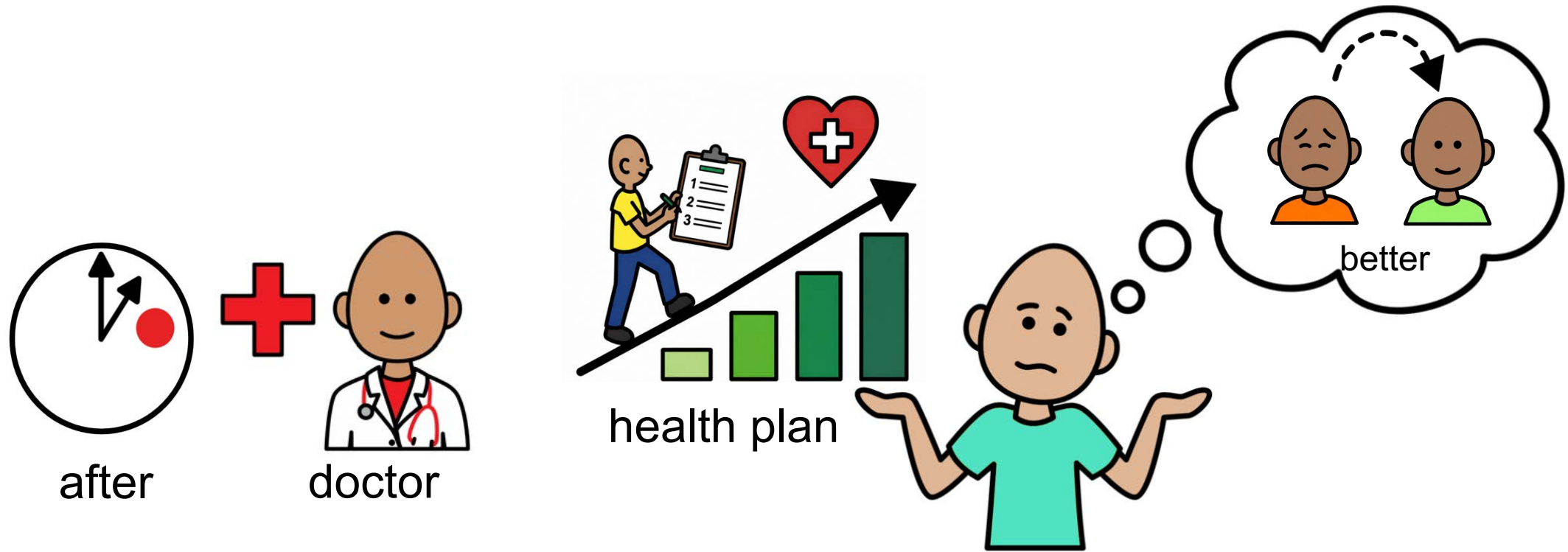


better

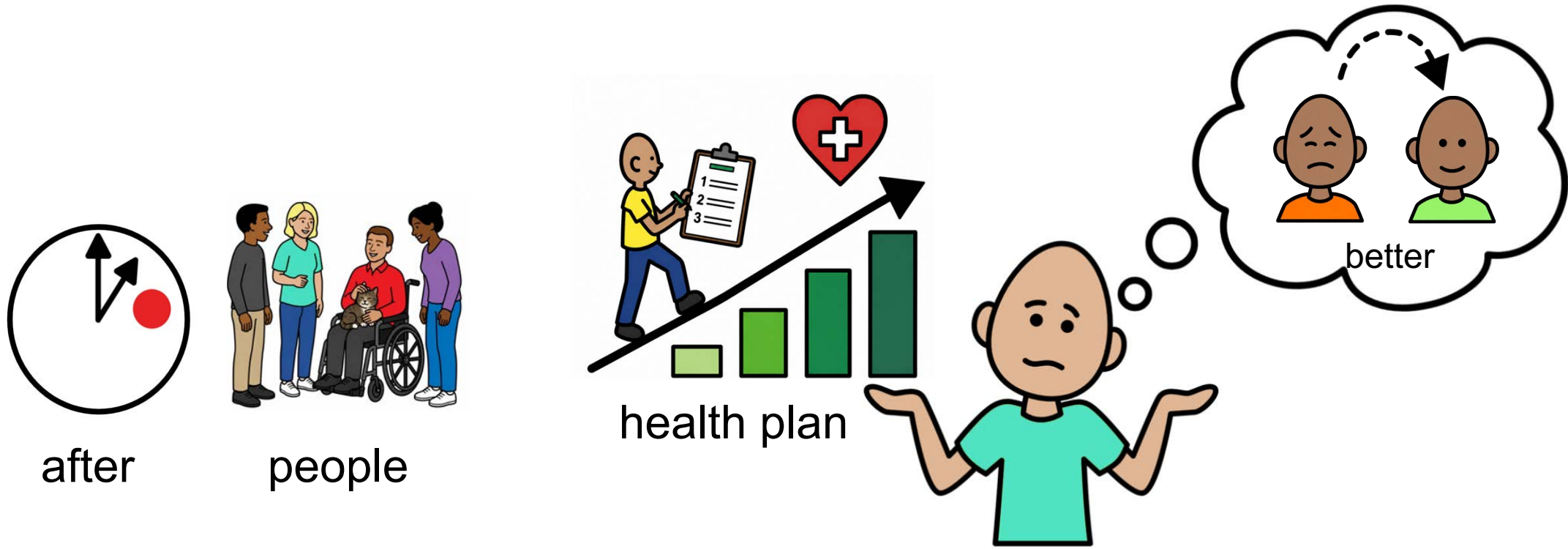


the best

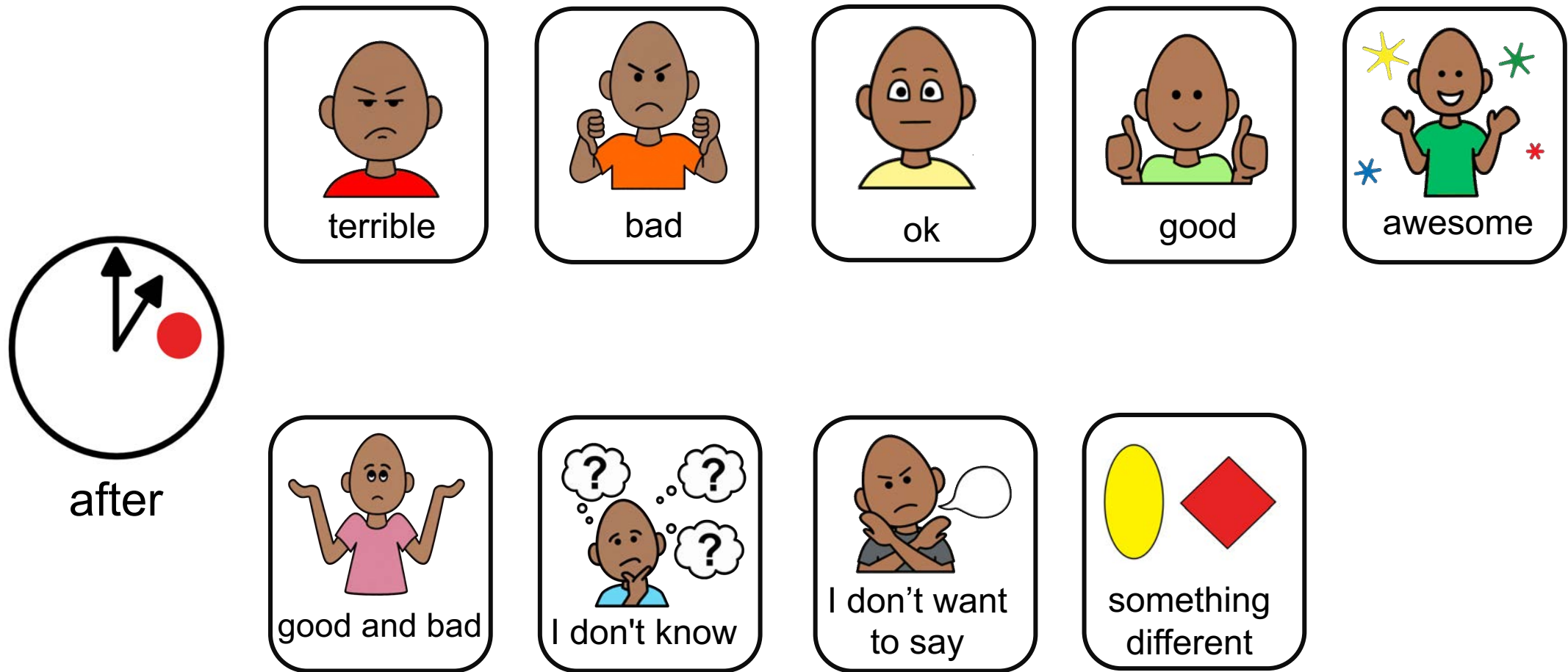
During their plan people can say if how they feel has changed.



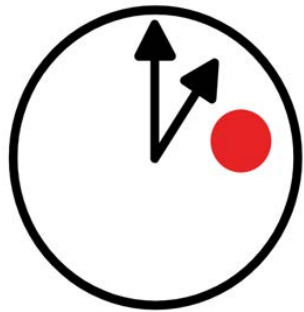
After their plan, people can ask the doctor if the plan has made their health better.



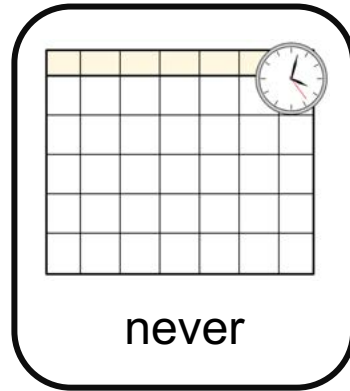
After their plan, people can ask the people helping them if the plan has made their health better.



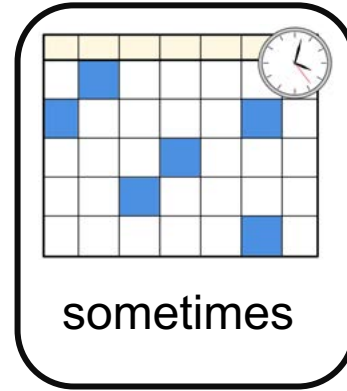
After their plan, people can say how they feel.



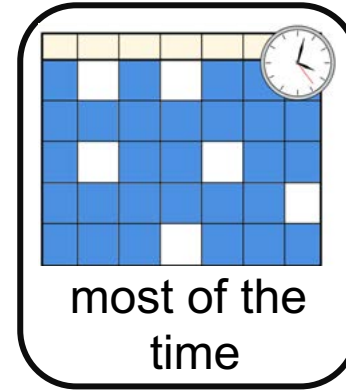
after



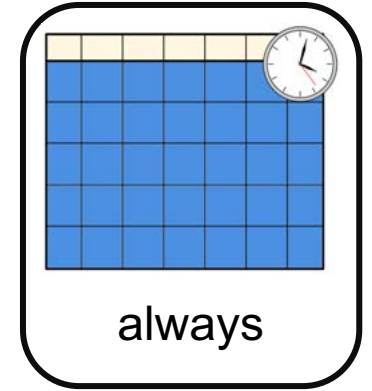
never



sometimes

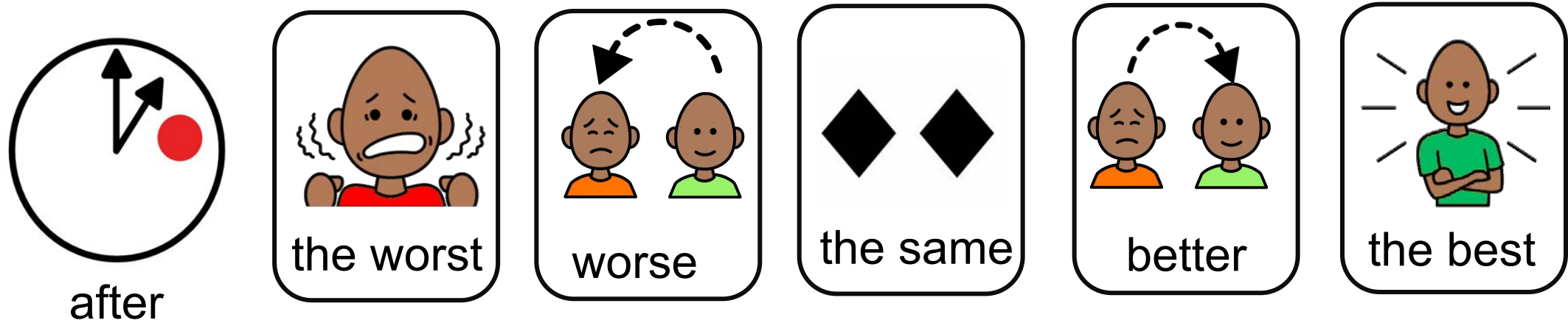


most of the
time

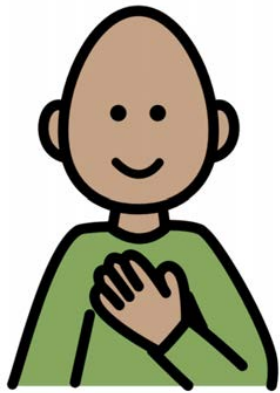


always

After their plan, people can say how often they feel good or bad.



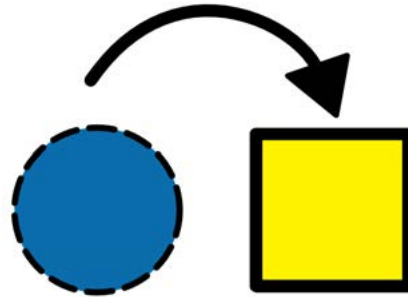
After their plan, people can say if how they feel has changed.



feel



the same

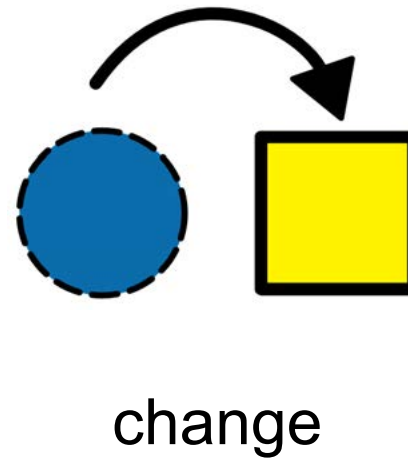
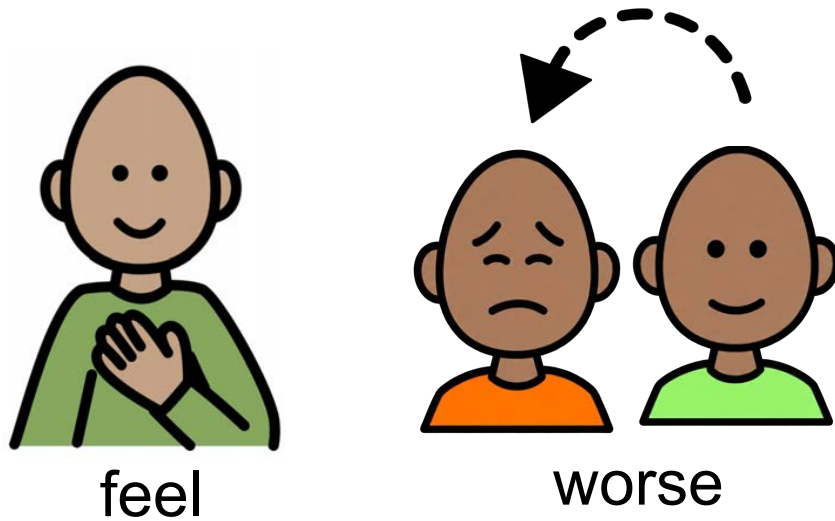


change

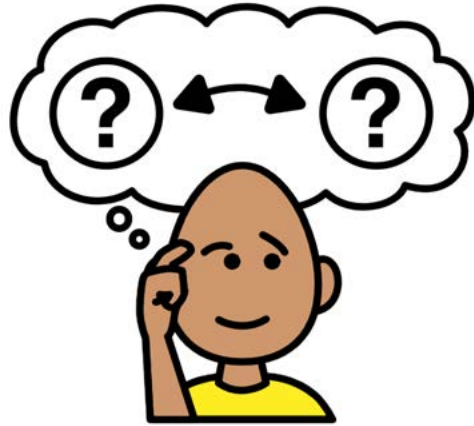


health plan

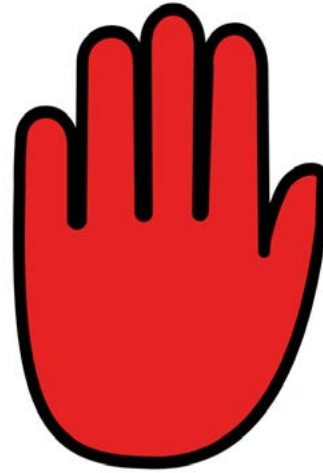
If there is no change and the person feels the same, they can change their health plan.



If the plan is making a person feel worse, they can change their health plan.



decide

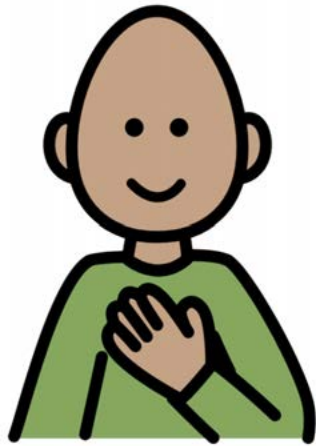


stop

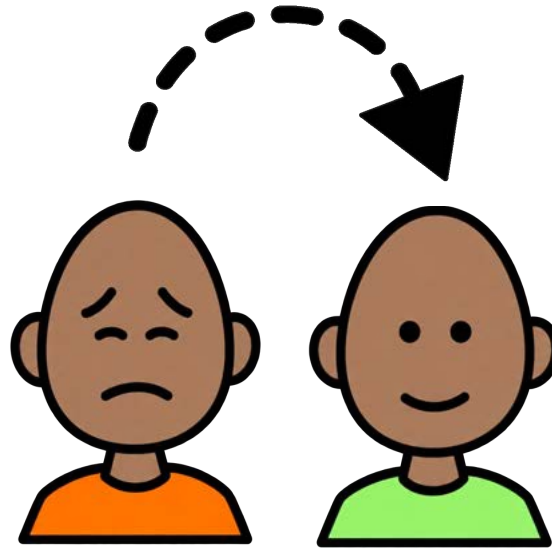


health plan

The person can decide to stop their health plan if they want to.



feel

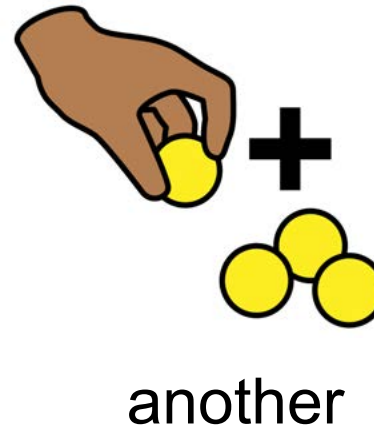
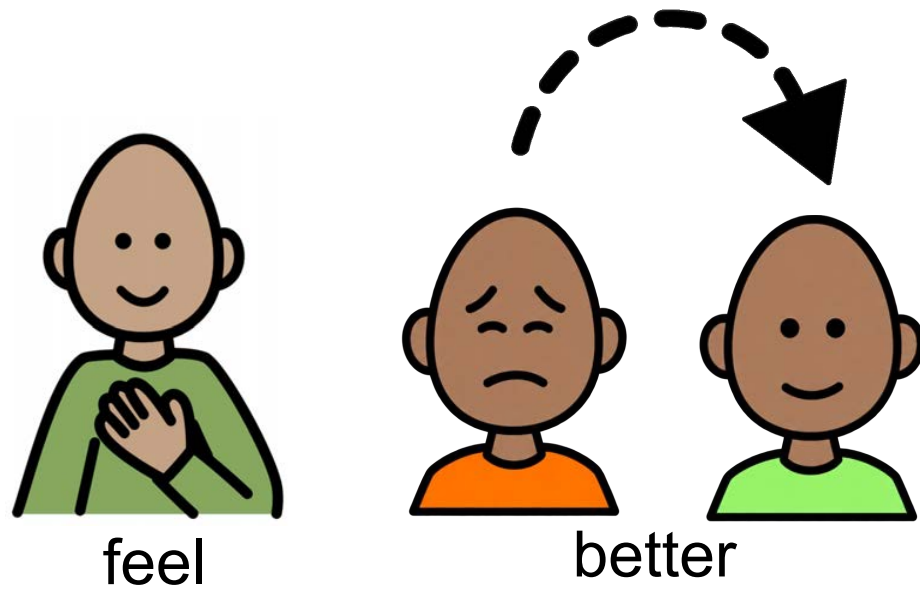


better

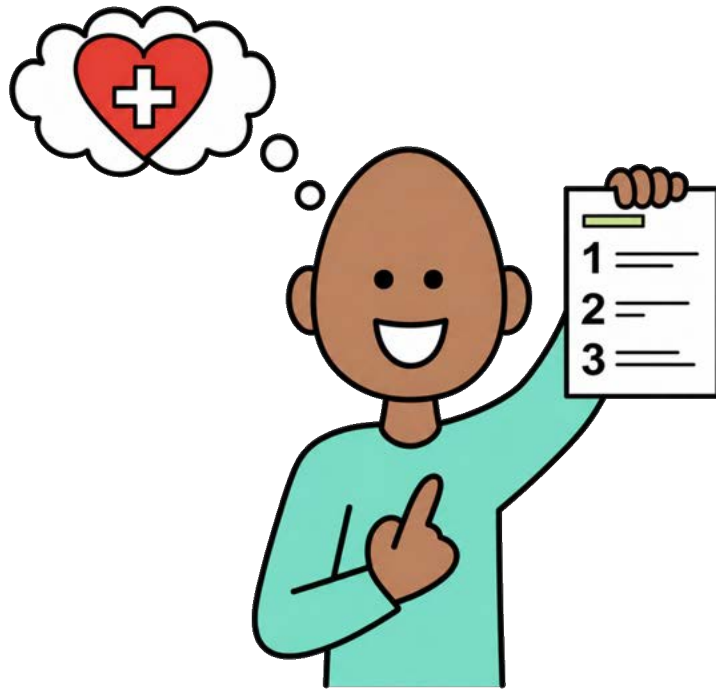


health plan

If the person feels better, they can keep their plan.



If the person feels better, they can make another health plan.



I wonder how you want to make your health plan?



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