



HEALTH BEHAVIOR CHANGE TOOLKIT: INFORMATION FOR CLINICIANS

The *Health Behaviour Change Toolkit* and *The Wellness App* will help you to support your patients to achieve their health goals with minimal clinician support.

Patients who register for *The Wellness App* can also receive reminders with encouragement between visits to help them complete their goal.

Why use these tools?

Self-care is key to the management of most chronic conditions, and is especially needed during stressful times. Most clinicians want to encourage their patients to make lifestyle changes to improve health outcomes. Clinicians often lack time, useful tools, support or a systematic approach to help patients improve their self-care.

The tools take only **5 minutes** to use in routine care and they can be adapted to promote a wide range of health behaviours. Evidence-based, with proven results, the tools have been tested by hundreds of clinicians and patients across Canada*:

- High levels of patient goal attainment (89% paper users, 90% *The Wellness App* users).
- Improved patient well-being (85% paper users, 80% *The Wellness App* users).
- Clinicians also report that the tools are easy to use, are well-received by patients and are effective in promoting health behaviour change.

Testimonials



"I have been very impressed that even patients that I have seen for years and years are open to trying the Health Behaviour Change Tools. Many are appreciative that I am suggesting a new approach and are eager to participate."

– Clinician who used the Toolkit.

"I have more energy, am doing more walking, reading and socializing. I found the App easy to use; it helped me keep track of my goal. I feel it is a big deal to have accomplished this goal."

– Patient who used the Toolkit and *The Wellness App*.

How to use these tools

Select some of your patients whom you feel are ready to make lifestyle changes. In the course of usual care, complete three simple steps to health behavior change (see reverse).