

INWELLNESS

creating healthy communities



The Wellness Inventory is a holistic assessment and life-balance program designed to help you gain personal insight into your state of physical, emotional, and spiritual wellness. The program offers guidance and tools to transform this new awareness into sustainable lifestyle change, and a renewed sense of health and well-being.

Step 1 - Assessment: Complete a lifestyle assessment focusing on all aspects of yourself in 12 key dimensions of wellness.

Step 2 - Scores: Receive your personal Wellness and Satisfaction Scores for each of the 12 dimensions of wellness, as well as your overall scores. Discover your strengths as well as the areas of your life that you are most motivated to change.

Step 3 - Personal Wellness Action Plan: Create 3-5 simple wellness action steps in the areas you are most motivated to change. Your Personal Wellness Action Plan is based on a philosophy of taking small steps for continuous improvement.

Step 4 - Tools to Support Your Wellness Action Plan: Utilize a suite of tools, including email reminders, My Wellness Journal, the Self-Study Center, and the 12 Wellness Resource Centers, to help you successfully implement your wellness action steps.

Step 5 - Resources for Ongoing Wellness: Update your Personal Wellness Action Plan to reflect your successes and your current areas of lifestyle focus. After six months you are encouraged to retake the assessment to monitor your progress by a graphic comparison of the two results (no charge for the second inventory).

Cost: \$40

For further information or personal coaching contact: info@inwellnesstoday.com

FOR INWELLNESS PRACTITIONERS

InWellness practitioners can use the Wellness inventory as an adjunct to their healing services with supportive consultation from InWellness navigators.

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WELLNESS INVENTORY

The Wellness Inventory is a "whole person" assessment program designed to enable health practitioners, integrative medicine centers, wellness centers, and healthcare organizations to more effectively serve their patients in the areas of lifestyle and wellness.

Based on the seminal work of John Travis, MD, MPH, an early pioneer of the wellness movement, the program supports patients in gaining insight into their state of physical, emotional, and spiritual wellness. The Wellness Inventory then provides tools to transform this new awareness into sustainable lifestyle change and a renewed sense of health and wellbeing.

Health and wellness practitioners can use the Wellness Inventory program to:

- Address your patient's wellness & lifestyle needs
- Assess patients in 12 areas of wellness & lifestyle
- Quickly determine patient's change readiness in each area
- Create personalized wellness action plans
- Track your patient's progress
- Increase patient retention
- Create new profit centers



Coaching & Administrative Tools: The Wellness Inventory provides tools to empower you in working with patients, including individual and aggregate reporting and a wellness action plan feature. You can also access tools to facilitate 1-on-1 coaching, follow up and patient accountability.