

COMPREHENSIVE HEALTH IMPROVEMENT PLAN (CHIP)



Your individualized guide for optimal wellness in all areas of life

Our **VISION**

To promote wellness through a holistic integration of physical, mental, and spiritual wellbeing that fuels the body, engages the mind, and offers balance. We use the 8 Domains of Health to fulfill our vision.

Optimal Wellness is a “state of complete physical, mental and social wellbeing, and not merely the absence of disease, and or an abnormal, more or less disabling, condition of mind or body.”
(World Health Organization)

Optimal Living means living without stress and being able to enjoy each moment for what it is -- not what it could be.



The 8 **DOMAINS OF HEALTH**

Physical: Recognizing the need for adequate physical activity, optimal nutrition, and sleep.

Emotional: Coping effectively with life and managing any tension or stress.

Social/Family: Developing a sense of connection, belonging, and a reliant support system.

Spiritual: Expanding a sense of purpose and meaning in life.

Educational/Intellectual: Recognizing creative skills and discovering ways to expand knowledge.

Financial: Feeling satisfied and stable with current and future financial situations.

Occupational: Feeling satisfaction and motivation from one's place of work.

Environmental: Living in a pleasant, safe, and stimulating environment that supports wellbeing.