

Our health as a community

When we have the good fortune to be our own best health care provider, it comes with an opportunity to make good choices, to be positive and proactive, and to maintain wellness. Yes, we inherit some health factors or obtain some by accident, even some that we can't do much about. But to the extent that we can nurture a healthy lifestyle, the control we have over our own well-being is considerable. The rewards are considerable, too, when we do all we can to be well and stay well.

Participating in The Corinthian Plan's wellness incentive represents your commitment to your own self-care. Yet, you are completing them in partnership with your community for the good of all – for collective health and a better use of resources. There is both spiritual and physical value in the process. As a participant in this plan, you acknowledge the relationship with God, self, and others as it relates to your health and well-being.



The journey to health

Here are some things to think about on your own wellness journey:

- **Concern for our whole “selves”** – Taking the best care we can of our bodies is an act of loving obedience to God. Paying attention to the health of our spiritual life, how we manage stress, what and how much we eat, our relationships and exercise are all within our control.
- **Having a primary care physician** – People are healthiest when they get regular, preventive care. A physician you form a trusting relationship with will know you and your history, and be able to work with you to come up with the most effective strategies for your health. Taking this proactive approach to health helps make better use of costly and limited resources, too.
- **Advance medical directives** – Making your wishes known to your family, your doctor, and documenting them in a living will eases minds and hearts during times of great stress.

Our lifestyle is a living witness of God's presence in our lives. With this in mind, we strive to:

- Live with gratitude for the goodness God created in our physical beings.
- Seek reconciliation and peace with our wounded and ailing parts.
- Allow God's grace and forgiveness to fill us when we need it.
- Engage with others in constructive ways (both giving and receiving) on our health journeys.

We are all in this together!

Ideally, our congregations and/or places of employment together support and encourage the drive to become healthier individuals and communities. When individuals make lifestyle choices that result in better health, everyone benefits through lower health care and coverage costs. Choosing consciously to live a healthy life helps each of us more effectively carry out God's mission in the world.