



# Make It Happen

Do you put off scheduling health appointments?  
Are you overdue for some health screenings?

It may help to reflect on the “why” or the long-term benefits of having this health screening or appointment. In fact, it may cause less stress and greater peace of mind to know the test results or outcome.

- Find an accountability partner as you commit and follow through with making and keeping your appointments.
- A trusted friend or family member is a good choice for an accountability partner.
- Before the appointment, set up a “reward” for when you complete the appointment.
- Make your reward something that is truly enjoyable and meaningful for you.

