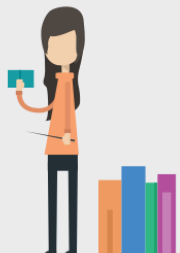


# Healthy Behavior Change



the E-Guide Road Map

## *It Begins with You*



**health literacy**  
is the first step



get **engaged and activated**



explore **motivation and readiness**



**recovery & resilience**  
is shared

## *It Takes a Village*



look at **the social determinants of health**



acknowledge the role of **peers, family & community**



think **workplace** about

## *Supporting Technologies*



**E-health and Health Metrics**  
have a growing role in support



we all need systems that are **trauma informed**



put it all together and combine concepts to explore the base of **healthy behavior change**



Check it Out!  
[change4health.org](http://change4health.org)