

Northwest Permanente Wellness Passport Guidelines

July - September 2017

Social: **Pick up the phone and call**

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Reviving old friendships and nurturing relationships with people who are respectful, positive and supportive is crucial to our social wellness. No human being is perfect. Everyone gets caught up in the challenges of daily life at times, and renewing old relationships that have been positive ones in the past is a great way to strengthen your social support system.

To get credit for this activity, call someone who you haven't spoken to in over a year, answer the questions below and email your answers to nwpwellness@kp.org

- When is the last time you talked to that person?
- How long did the call last?
- Did you make plans (or do you plan) to call the person more frequently?
- Brief thoughts/comments on how you thought the conversation went.

Please submit all documentation to NWP Health & Wellness, KPB 16
or e-mail at: nwpwellness@kp.org