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Building a Wellness Model Infrastructure

One key I see to future stresses is coming with changes in our economy and changes in our relationship to other countries, particularly to the US, the need for **Self-Help** strategies people can do on their own at home. **Wellness RISK Management** is a new model for Wellness.

The problem is, everybody is at a different place in the Wellness hierarchy. Everybody has different family issues. Everybody has different financial issues. Everybody has different genetic issues. Everybody has different mental health issues. Everybody has different behavioural issues. Everybody has different coping skills. Everybody has different red line crash levels composed of an amalgamation of physical body breakdown and mental stress overload breakdown.

Five pillars stand out as things that people can do for themselves, on their own, at home to prevent the body/mental crash. Each of these pillars have multiple indicators science has identified as important for a person's Wellness. The problem with that is, where does each person stand at the present point in time? How do we get numbers?

There needs to be a measurement process. There needs to be an assessment process of the measurement. There needs to be an identification process. There needs to be a prioritization process. And finally, there needs to be a motivational process for ongoing repeating regular Wellness success. There needs to be a scoring process that puts numbers to needs so that identification can be easy.

Wellness RISK Management
meets this challenge in a new model to
Make Wellness a Priority.

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