

What Is the Purpose of the Measurements a Healthcare... Page 1 of 2
professional (MD, Chiropractor, Dentist) makes on you when you visit their office?
[https://optimalhealthsecrets.com/library/WellnessRiskManagement/what-is-the-purpose-of-the-measurements-a-healthcare\(2pages\).pdf](https://optimalhealthsecrets.com/library/WellnessRiskManagement/what-is-the-purpose-of-the-measurements-a-healthcare(2pages).pdf)

By Dr. Victor Jean Ouellette, DC, MS

Wellness goals people set for themselves need to be realistic and they need to be realizable. They also need to be goals the person is really going to work at to achieve. Everybody is going to want to have all the goals for Wellness but, not everybody will be willing to work for all those goals. Some goals are much more difficult to achieve than others are. For some people, selecting easier goals makes more sense if they are extremely busy and are unwilling to devote much time to themselves.

It would be valuable to know how realistic a person's goals are. Some inkling of that can be gained by assessing how close a person believes they already are to the science on various topics.

For statistical purposes we make this assessment before the measurement takes place. Learning how far a person is from reality on all 38 parameters is something **measured** by the **Wellness RISK Management** program. This gives us more information to help this person achieve their goals and help them reassign more realistic goals if that is necessary. **What is the purpose of the measurements a healthcare professional (MD, Chiropractor, Dentist) makes on you when you visit their office? We can sum it up by saying they want to find out if it is too late.**

Too late for what?

- To late to help you because you left it too long.

Left 'WHAT' too long?

- Left [following the science](#) that scientists have proven will help you live better, live longer and live happier.

Oh, I want that!

- Well then, you have to earn it. You have to work for it. You have to get the doing done.

Well, how do I know what to 'get doing'?

- Ah, that is what **Wellness RISK Management** is all about. We will tell you.

First we want to know about your Wellness mind-set. Is it a healthy one? Then we want to know if it is too late.

Too late for what?

- To late to help you because you left it too long.

See, we have circled back to the same question.

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The important **clinical module** in the **Wellness RISK Management Measurement Program** can help us determine if it is too late. For instance, it is smart to make some decisions **BEFORE** you have excessive weight, before you have diabetes, before you have arthritis, before you have a heart attack, before you have a stroke, before you have a full-blown cancer, before you have pain.

How do we get you to that '**BEFORE**' mind-set?

We can try this.

Measure - Assess - Identify - Prioritize - Motivate

Ah, but that is going to take a lot of time and effort?

- Yes it will. So, you best get at it now **before** it is too late.

[Next will come ASSESSMENT.](#)

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Author: - *Dr. Ouellette's Anti-Inflammatory Pain Relief Diet* (2002, 2014 Second Edition)

- *Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet* (2006, 2014 Second Edition)

- Dr. Ouellette's Five Pillars of Optimal **Health** Secrets

- **Wellness RISK Management (WRM) Model**

- Library of articles <https://OptimalHealthSecrets.com/library.html#wrm>

Making Wellness A Priority

Measure - Assess - Identify - Prioritize - Motivate

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