



PLAN TO FULFILL YOUR NEW YEAR'S RESOLUTIONS

BY CONNIE FLUET RN, CEN,
LEGAL NURSE CONSULTANT/ PARALEGAL
LAW OFFICES OF FLUET & HUBER

For most people, New Year's resolutions are centered on improving health, wellness, and attaining peace of mind. But resolutions need to be more than just a list of good intentions developed in the aftermath of an "out with the old and in with the new" optimism. Resolutions need to be more than a good ideas and good intentions. They require a plan so that you can determine how to bring your resolutions to fruition.

Before January is over, start your new year with a calendar and a telephone and make appointments with the following professionals:

1. Primary health care provider. Schedule a well-exam as soon as practical. Use this appointment to get baseline labs, EKGs, and other necessary consultations. Discuss your health goals with your provider and get his or her clearance and support for starting any new exercise programs, diets, supplementations, and smoking cessation. There are programs and medicines that can help with many of your goals.
2. Medical specialist. Schedule appropriate outpatient testing as referred from your primary provider for mammogram, colonoscopy, pap smear, etc. Schedule that invasive test or exam that you have put off for too long. No one wants to undergo invasive testing, but not knowing about a health problem doesn't mean that it's not there. Get the results and have peace of mind.
3. Optometrist and dentist. Exams and dental care should be scheduled to provide for preventive care and screen for any vision, eye, dental or oral problems.
4. Financial advisor. Funding college for your children, investing for retirement, managing your property and assets wisely with complicated tax and accounting rules can be difficult. Get help to make wise decisions for long-term benefit from an expert.
5. Lawyer or estate planner. *Be sure that the most important decisions in your life are not left to chance.* Find a trusted lawyer to create an advance medical directive, help make your will, plan your estate, establish the necessary trusts, and create a power of attorney. A good lawyer will not only help you plan for the future, but also advise you on how to address legal matters before they become problems.

With active, early planning, 2010 can be the year that your resolutions become more than intentions. Make 2010 the year you live better by getting the right professional help to ensure a healthy and secure future.